

# Living **Green** Off-Campus

## Programmable Thermostats

Did you know that the average household spends approximately **\$2,000** on heating and cooling. Homeowners and tenants can save approximately \$180 a year by using a programmable thermostat.

Listed below are guides to follow for both the heating and cooling seasons.



Setting	Time	Setpoint Temp (heat)	Setpoint Temp (cool)
Wake	6:00 am	70 degrees	78 degrees
Day	8:00 am	Set back 8 degrees	Set up 7 degrees
Evening	6:00 pm	70 degrees	78 degrees
Sleep	10:00 pm	Set back 8 degrees	Set up 4 degrees

**What to do if your rental isn't equipped with a programmable thermostat?** Talk to your landlord to see if he or she will install one or allow you to do so. Tenants can find programmable thermostats at their home improvement center and hardware store for approximately \$30 to \$40. See if your landlord will allow you to deduct the cost from your rent.