



# Energy conservation examples

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Our editors will review what you've submitted and determine whether to revise the article.

Energy conservation is the practice of using less energy or using energy more efficiently. Energy conservation can benefit you, the environment, and society in many ways. In this article, we will breeze through easy and practical ways to conserve energy at home.

Energy conservation can save money on your energy bills, reduce your environmental impact and carbon footprint, improve your comfort and health, and help the planet and the people. There are many ways to conserve energy at home, and they can be categorized into six main areas:

Lower or raise the temperature according to the season and your comfort level, or use a programmable or smart thermostat.

Use caulk, weather-stripping, foam, or tape to seal the gaps around windows, doors, outlets, and vents, and improve the insulation of your home. This is one of the best ways to conserve energy at home.

Clean and replace the air filters at least once every three months, or more often if you have pets or allergies, and improve the airflow and efficiency of your system.

Use it to set different temperatures for different times of the day and days of the week, and save energy and money.

For more details on how to conserve energy at home by setting its temperature right, check out [Recommended Thermostat Settings for Summer and Winter for Your Home](#)

Ventilate your home by opening the windows and doors and allowing the breeze to flow. Plant trees, shrubs, or vines that can provide shade and breeze for your home.

Use it to remove excess moisture from the air and make it more comfortable and healthier. Reduce the need for cooling and prevent mold, mildew, and dust mites.

Some ceiling fans come with a reverse function that rotates the blades in the opposite direction, this preserves energy at home and distributes the warm air evenly in winter.

Also Read: [What are Ground Source Heat Pumps \(GSHPs\)?](#)

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