

Heating: Turning your thermostat down by 1°C can cut your heating bills by up to 10%, saving you around £30 a year.

Hot water: It should be hot, but it doesn't need to be scalding. For most people, setting the cylinder thermostat at 60°C/140°F is fine for bathing and washing. Saving: up to £10 per year

Sinks & Taps: Always use the plug in your sink. In just one day, a dripping hot water tap can waste energy & enough water to fill a bath. Make sure they're off.

Curtains: Close your curtains at dusk to stop heat escaping.

Lights: Always turn them off when you leave a room and adjust your curtains or blinds to let in as much light as possible during the day.

Fridges: Defrost your fridge and freezer regularly to keep them running efficiently and cheaply - if they frost up quickly, check the door seal. If your fridge is next to a cooker or boiler, try and leave a good gap between them.

Televisions, videos, stereos, computers, mobile phones: Avoid leaving on standby and remember not to leave them on charge unnecessarily. But check the operation manual to make sure that this won't reset the appliance's memory

Washing machines and tumble dryers: Always wash a full load or use a half-load or economy programme. Always use the low temperature programme - modern washing powders are effective at lower temperatures. And don't put really wet clothes into a tumble dryer: wring them out or spin-dry them first

Dishwashers: Use a low temperature programme, and wash a full load

Pots and pans: Choose the right size pan for the food and cooker (the base should just cover the cooking ring) and keep lids on when cooking. With gas, the flames only need to heat the bottom of the pan. If they lick up the side then you're wasting heat and can damage your pans

Kettles: Heat the amount of water you really need and if you're using an electric kettle, make sure you cover the elements. Jug-type kettles need less water as they have smaller elements