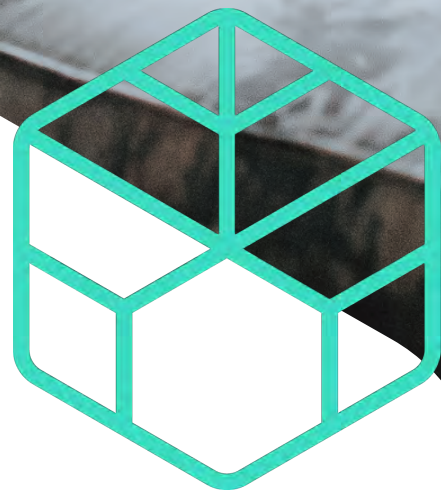


ivie

The Ultimate Home Energy Saving Guide

How to reduce your bills and
save energy



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Introduction

The cost-of-living crisis has had a profound impact on us all. Energy is still a key area of concern and we've seen a lot of people asking: "What will help reduce my bills the most?" Finding ways to reduce energy consumption at home might seem daunting, but there are plenty of small steps you can take to get started.



In this guide, we'll cover why understanding your energy use at home is the first step to saving energy, and show how your smart meter, in-home display, and other smart technology – like our ivie app – can help you do this.

Whether you're looking to start your energy-saving journey with a few small steps, or are already well-versed in insulation and ready to explore heat pumps and solar panels, this guide will help you determine what's right for you, your family, and your home.

“

We created ivie to help people reduce their energy use, bills, and carbon footprint. Our aim is to turn complex energy data into something simple and actionable. While others get caught up in the details, we're all about making your life that bit easier.

To support you in becoming more energy aware, we've created this Ultimate Energy Saving Guide to give you all the information you need to help save on your energy bills.

”

Stephane Lee-Favier, ivie Managing Director

Let's get started!



Many of us feel the pinch when winter hits. To help you get a handle on your bills, the ivie team has put together the best energy-saving tips and advice into one handy guide. We're here to help you become more energy-conscious while also making your home more efficient. So grab a notebook, settle down with a hot drink, and let's save some energy!



In this guide, we'll help you to:

- Better understand your energy usage
- Manage fluctuations of use in winter
- Find smarter ways to save energy at home
- Make your home more efficient with energy-saving products

Chapter 1

Understand Your Current Energy Use

Before you can make effective changes, it's important to look at how you already use energy at home. This helps you determine which energy-saving steps will have the most impact on your bills. In this chapter, we break down the things you need to know about home energy, and how to decipher and understand your usage.

We'll be covering:

- How to work out your current energy use
- Smart technology that makes things easier
- The key information about your home energy use to keep in mind

Find out how you use energy with smart technology

Modern energy technology – such as the in-home display (IHD) that comes with your smart meter – can help you see exactly when and where you're using energy. With an IHD, you're able to see your consumption in real-time. This can help you make the most accurate decisions about your spending and the steps to take to save energy.

In-Home Display vs Smart Meter

While these are not the same, they do work together to help you gain deeper insight into your energy use.

Your smart meter is the actual meter that lives in the cupboard, or attached to the wall, that collects data about your gas and electricity use. The in-home display is the small screen device you probably think of when you hear 'smart meter'. The IHD acts like a mirror, displaying the internal workings of the smart meter that you can interact with.

When paired with [the free ivie app](#) (available on iOS and Android) – which gives you personalised energy-saving insights based on your home's energy use – you can also unlock even more useful data. The ivie app can help you to identify both high-energy days and spot the areas of the home that are costing you the most. The ivie app then gives you suggested tips and challenges that are both specific and relevant to your energy usage, while also estimating how much you could save.



“The more information you have, the more accurately you’ll be able to work out the potential savings of any improvements you make. You don’t need huge amounts of data to get started – just a few key pieces of information from your IHD and the ivie app will go a long way.”

Stephane Lee-Favier, Managing Director, ivie

How to get an in-home display

ivie's creator, Chameleon Technology, has delivered more than 11 million in-home displays to households across the country. Despite this, there are still a lot of homes without an IHD to pair with their smart meter. If you already have an IHD but it's less than 12 months old and not working, you can speak to your energy supplier for a replacement. Otherwise, you can buy an [ivie Bud](#) – our latest Wi-Fi-ready IHD that will help you keep an eye on your energy use.

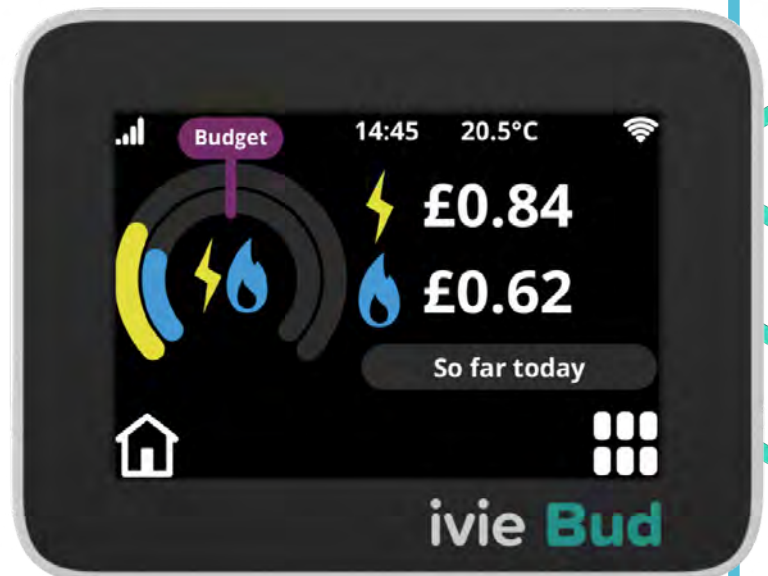


Don't have a smart meter? Speak to your energy supplier. If you're on a waiting list, you can still follow our guide and choose the hints and tips that suit you best. We've got plenty for everyone!

The ivie Bud:

Helping you make spot-on decisions, on the spot

- Shows real-time energy usage in kWh and pounds/pence
- Works with all energy suppliers and prepayment meters
- Set personal budgets to stay on track
- Easy setup you can do yourself – no engineer visit needed
- Quick and easy compatibility test to check it can connect to your smart meter before buying.



[Buy now](#)

Gather the basic information

Before you can start looking at ways to save energy, you need to get the basics straight. Here are some questions to get you started:

What's your current usage?

Look at your recent bills, online account, or the ivie app to find out how much energy you're using, and what it's costing you. Be conscious of the time of year – energy use is inevitably much higher in winter, due to heating and lighting needs. Compare over the full year where possible.

What's your budget for your energy makeover?

Can you invest in energy-saving technology or do you need hints and tips that are low-budget or free? (This guide has both!)

What are the energy-intensive habits you can't live without?

Do you, for example, depend on your tumble dryer as you have limited space to air-dry clothes? That's fine! Take this into consideration and look for other tips that work for you.

Is your home well insulated?

Poor insulation often leads to high energy bills, so it's essential to assess your current insulation and see if it needs to be increased before investing in other home improvements.

Do you have specific needs?

Perhaps there's someone with a disability in your home, or you're caring for an older relative. Consider any additional needs that might mean you need to have a higher energy use than most.



Ready to get started?

Armed with the important information about smart meters, your home non-negotiables and your family's needs, you're all set to start making changes that will help you reduce your energy use. With tools such as an ivie Bud in-home display and the ivie app, you'll be able to see in real-time just how well those changes are working.

In the next chapter, we'll look at the two most important areas to get right when it comes to improving the efficiency of your home.

Chapter 2

Foundations Of An Energy-Efficient Home

Before we jump into our big list of tips, there are two areas of your home you need to address first: insulation and heating.

In this section you'll discover:

- How to properly insulate your home to keep the heat in
- Quick wins to draught-proof your home
- Why taking control of your heating is so important
- Ways to stay warm during winter

Keeping the heat in with insulation

Before you think about changing how you heat your home or use your appliances, think about how well-insulated your property is.

Poor insulation can undo your efforts to keep your home warm, by making it easy for heat to escape. This means it takes longer for your home to heat up – using more energy in the process – and it'll struggle to retain that warmth. With more efficient insulation, you'll not only be warmer for less, but you'll also reduce your carbon footprint.

Insulation and other retro-fitting efforts are an investment. You might see immediate results or it may be incremental savings – either way, it will be worth it for the future. It's the foundation of any energy-efficient home and will make any other small changes to your habits that much more impactful.



If you rent your home, insulation is a concern for your landlord. They should be motivated to make your home as energy-efficient as possible to future-proof their investment and ensure they keep up with regulations. Speak to your landlord as they might be open to the idea if you're able to present them with the facts and costs of insulation upgrades.

Thermal Efficiency Score

A bit like an EPC rating, ivie's Thermal Efficiency Score can help you understand how well your home can hold onto heat.

Simply connect the ivie Bud and the free ivie app to unlock this feature.

[Click here to find out more.](#)

Roof Insulation

Adding, or topping-up, roof insulation brings immediate and ongoing benefits. Adding insulation up to the recommended amount (270mm) will cost around £1052 depending on your property type, and could save you between £20-£415 a year on your bills.¹

Floor Insulation

Insulating your ground floor is a great way to keep heat in your home and there are plenty of options for both new and old homes.



Draught Proofing

- You can lose heat through draughts around windows, doors, gaps in the floor, or up the chimney.
- Install a chimney draught excluder and you could save up to £65 a year.⁴
- DIY draught-proof your windows and doors, and block cracks in your floor and skirting to see savings of around £45 yearly!⁴
- There are lots of helpful guides for DIY draught-proofing if you search online, plus you can buy inexpensive products such as foam, weatherstripping tape, and flexible sealants to get you started.

Did you know?
If you have poor roof insulation, you might lose up to a ¼ of your home's heat!

Credit: Energy Savings Trust¹



Is your loft easy to access?

If you can get into your loft and it has no damp or condensation issues, it should be simple to insulate. You can make this your next DIY project!

Older Buildings

You'll probably have suspended timber floors, which can be insulated by laying mineral wool with netting between the joists underneath the floorboards. As a guide, the average cost for installation is £105 per m²[2] and could save an average of £50 to £135³ each year.

New Builds

You'll probably have solid concrete floors, which can either be insulated when they need replacing or you can place rigid insulation on top (at an average cost of £80 per m²[2]).

Did you know?
Poorly insulated
homes cost over
£400 more to heat
in 2024 compared
to 2023.

Source: Energy and Climate
Intelligence Unit⁵

There are alternate loft insulation materials you can use, like sheep wool, recycled polyester, and aluminium foil products that are available online. These products are much easier to self-install than mineral wool. I'll be adding some to my loft this winter to help with insulation!

Meryl, National Account Manager

Did you know?
More than half the
energy spend for a
typical home can be
attributed to heating
and hot water.

Credit: Energy Savings Trust⁶



Heating your home more effectively

During the winter months, heating your home is crucial for your health and general comfort. It's one of the largest outgoings for the average home, so it's important to do it as efficiently as possible.

Thankfully, there are ways you can heat your home more consciously to reduce the amount of energy you use.

Heat pumps vs boilers

If you have the money to invest in an energy makeover, it's worth looking into a heat pump. This method of heating your home and hot water tends to be more efficient than a boiler system

According to Check-A-Trade, a ground source heat pump could reduce your heating bills by up to 53% compared to a new gas boiler.⁷ The caveat here is that you need to have good insulation for this to work.

This is a long-term investment in your home and energy bills, so it's also worth thinking about how long you intend to stay where you are. It's worth considering though, even if you aren't in your forever home. A heat pump can help improve the sellability of your property in the future.

Feeling just a little chilly?

- Snuggle up with a hot water bottle or microwavable heating pad
- Put on an extra layer of clothing
- Grab your favourite blanket
- Make a hot snack or drink
- Do 10 minutes of exercise if you're able to
- Put on some slipper socks
- Cuddle up to your favourite person or pet



Tip from the ivie team

“If you have a wireless central heating thermostat, consider relocating it. Most thermostats are mounted in the coldest place in the house – usually the entrance hall. We repositioned ours so that it senses the temperature in the room we use the most, and now it's more accurately controlling the temperature we need without waste.”

Alex,
Head of Operations

ivie's top energy-saving tips to reduce your heating bill without spending money:

- Turn off individual radiators and keep the doors shut for rooms you don't go in often, to avoid wasting energy on unused rooms.
- After you turn off your oven, leave your oven door ajar. The extra heat can help warm your kitchen.
- Keep your radiators clear of clutter. When your radiator is blocked by clothes and furniture, the warm air can't circulate and your radiator must work even harder to heat the room.
- Bleed your radiators once a year to remove air pockets. This will improve your heating efficiency, make your home warmer, and help save on bills.
- Make sure your radiator system is clean and clear of sludge – this should be done every five to six years. A clogged-up heating system can increase your bills by as much as 25%, so make sure it stays clean!⁸



- Close your blinds and curtains in the early evening to keep the heat in and stop extra heat loss of up to 17%.⁹
- Get your heating system serviced once a year. This not only makes sure it's safe and in good working order, but it'll ensure it continues to run as efficiently as possible.
- Renter's Tip: If you rent, it's a legal requirement for your landlord to service your boiler once a year.

Need to keep extra warm?

People who are older or unwell might need to stay extra warm to maintain their health. If this applies to your household, just focus on the energy-saving tips that fit your needs.

What can a cold house do to your health?

Research from NEA shows that a cold home can cause or worsen serious health conditions like heart attacks, strokes, bronchitis, and asthma.¹¹

Did you know?

The ideal temperature for most people is 18°C (64°F) in the bedroom and 21°C (70°F) in the living room.

Credit: Age UK¹⁰

Chapter 3

Energy-Saving Tips By Room

Ready to start making changes in your home? Stay organised by taking a room-by-room approach.

In this section you'll discover:

- How to use your appliances in the most efficient way
- Which cooking methods use the least energy
- How to find out how much electricity your devices use
- Quick wins to save energy around the home

Let's start with one of the areas that is, typically, the most energy hungry: the kitchen.

Kitchen & Utility

It's easy to use extra energy in the kitchen, from boiling the kettle to turning on the extractor fan, all the way through to cooking dinner for a crowd. On top of this, you might also keep your washing machine in the kitchen or a nearby utility room, adding to the room's energy consumption. With all this in mind, it's a great place to start if you want to take the first steps on your energy-saving journey.



Washing up

The average dishwasher runs for approximately one hour, using 0.9kWh per cycle. If you're using yours daily, this will add £99.32 a year to your energy bill.¹² But dishwashers aren't necessarily the bad guys of energy usage. They use half the amount of water than washing by hand, meaning you're spending less on hot water to clean your dishes.¹³



Quick wins if you use a dishwasher

- 1** To make the most of the energy, water and detergent needed, wait until you have a full load before you switch it on.
- 2** Always use the eco programme if available. This uses a lower temperature (50°C) and up to 3 litres less water than the standard cycle.
- 3** Look out for a low water cycle if there isn't a specific eco programme.
- 4** Avoid using the rinse hold setting (sometimes called 'prewash'), which sprays small jets of water to loosen food remains. This can use up to 25 litres of water each time.
- 5** Avoid overloading the dishwasher or blocking the water arms – it'll be less efficient if you do.
- 6** There's no need to pre-rinse your dishes in the sink; just scrape off the excess food scraps and load it up.
- 7** If you're in the market for a new dishwasher, pay attention to the energy efficiency rating. An A-rated model will be the most energy-efficient.

Keeping Things Cool

The cost to run a fridge-freezer will vary depending on its size, efficiency rating and features. For example, an F-rated fridge-freezer costs £74.25 to run per year, while a D-rated fridge-freezer costs just £42.12.¹⁵

Switching off your fridge-freezer isn't practical, but what you can do is look for ways to help your fridge do what it does best. Here are some tips that ensure your food is always fresh.

Did you know?
American-style
double-door fridge
freezers have the
highest running
costs – up to £175
per year.

Credit: Which?¹⁶



Quick wins if you wash up by hand

- 1 Pre-soak your dishes in the sink before washing them – it doesn't need to be in hot water. This will loosen any food residue, making cleaning easier.
- 2 Wash your dishes in a bowl rather than under a running tap or by filling the whole sink – you'll use a lot less water this way.
- 3 Use colder water when washing. You can save energy on hot water by using washing-up liquid that's effective in colder water. A good scrub and effective washing-up detergent have been shown to be more important than the water temperature when it comes to eliminating germs.¹⁴

ivie's top energy- saving tip for fridges

- Position your fridge away from heat sources (ovens, radiators, etc.). When the area around the fridge gets warm, it'll need to work harder to keep your food fresh, using more energy in the process.
- Ensure there's enough ventilation around the sides, top, and back. This allows plenty of air and heat to release from the compressor – around 5cm should be enough.
- Don't leave the door open longer than needed. With the door open, your fridge uses more energy to keep your food and drinks cold.

The Ultimate Home Energy Saving Guide

- Use any available power-saving mode to optimise efficiency.
- Keep it full in an organised way! A fuller fridge has less air to cool so it doesn't have to work as hard. And, if it's organised, you'll find what you need faster — meaning less time with the door open!
- Vacuum behind the fridge to prevent dust from collecting around the condenser coils. This can improve energy efficiency by around 25%.¹⁷
- Defrost your food in the fridge rather than on the kitchen counter. This helps maintain the temperature in the fridge so less energy is needed to keep it cool.
- Check the door seals. Damaged seals allow warm air to get in, meaning more energy is used to keep the contents cool. It's much cheaper to replace the seals on a fridge than it is to buy a whole new fridge.
- If possible, opt for glass food storage containers, as glass absorbs and retains cold more effectively than plastic containers.
- Avoid putting hot food in the fridge or freezer. This causes the area around that food to warm up, meaning the fridge needs to work harder to stabilise the internal temperature.

Cooking efficiently

Cooking no doubt plays a big part in your everyday life, and in the winter you likely opt for warming dishes like stews, curries, and soups for that cosy feeling when it's cold outside. Don't worry, we're not going to recommend salad for dinner every night! Instead, think about the small steps you can take to make cooking hot, hearty meals more energy-efficient.

If you want to make a large impact in the kitchen, think about how you use your oven. The average modern electric oven uses around 2.1 kW per hour, which means if you use it for an hour a day, it'll cost you £259.15 per year.¹⁸



A woman with long blonde hair is looking into an open oven. On top of the oven is a potted plant in a woven basket. The oven's digital display shows 13:51. The oven door is open, revealing the interior racks and a fan.

**Quick win: Turn off
your oven early**

**BBC Food recommends
turning your oven off 5-10
minutes before the end of
the specified cooking time.
Your food will finish up in the
residual heat.**

Credit: BBC Food¹⁹

“Ovens are particularly inefficient because you have to heat up a big metal box as well as your food. Using the oven only on special occasions is the single most impactful thing an individual can do to save energy and reduce carbon emissions from cooking.”

**[Sarah Bridle, Professor of Food, Climate
and Society at York University](#)**

What's the best option for your next meal?

Let's say you've got all the latest appliances but are wondering what would work best for your next meal. For example, you might know that your air fryer is one of the most energy-efficient choices, but will it work for everything you want to cook? Probably not (though you'd be surprised how versatile they can be).

If you're considering what the most energy-efficient option is, think about what you're cooking and for how many people. Here are some tips alongside the typical costs according to the Energy Saving Trust.²⁰



Quick win: Don't overfill your kettle

Don't waste energy boiling extra water – this tiny tweak could save £11 a year on your bills!

Credit: Energy Savings Trust²¹

Air fryer: Best for solo cooking

An air fryer works like a small fan oven. Because of its size, it uses far less energy than it would take to heat a traditional oven. This is a great option if you're only cooking a small meal for a few people.



Electric oven: Great for batch cooking

If you're cooking for more than two people, or want to batch up some meals for later in the week, your oven is a great choice. While it costs more per use than an air fryer, you'll benefit from the extra space in the oven to accommodate more food to be cooked simultaneously.

Microwave: Best for reheating

This is a great option if you have a pre-cooked meal to reheat, as it's one of the cheapest appliances to run. Combine this method with batch-cooking in the oven for easy reheating in the microwave later in the week.



Gas or electric hob: Best for quick meals

If you're cooking a quick meal such as pasta or an omelette, popping it on the hob is an easy and energy-efficient choice. If you're reheating, however, the microwave is still the best bet.



Slow cooker: Best for bigger meals that take a long time

While the cost per use of a slow cooker might be higher than other appliances, you're often able to cook a lot more in one go. It's also a good option if you need to cook something low and slow and don't want to leave the hob on for hours.





Quick wins when cooking

- Filling your oven makes the most of its energy, so always cook in bulk. Batch cooking is a great option and can save you up to £51 a year.²²
- If you know you're going to drink more than one tea or coffee, fill a thermos flask with your drink of choice so you have another for later without having to reboil the kettle.
- Keep the lid on any pots you're using on the hob – your food will cook quicker and use up to 30% less energy than an uncovered pan.²³
- Keep your hob rings and oven clean – dirt and grease build-up reduces efficiency.
- Use glass or ceramic dishes, especially when oven-cooking things like casseroles, as they retain heat better than metal, making them the most efficient option when cooking.

Saving on laundry bills



Laundry appliances, such as the washing machine and tumble dryer, are some of the biggest energy-guzzlers in your home.

According to research by In The Wash, your tumble dryer uses 4.8kWh per cycle which costs an estimated £187.20 a year (based on using it two or three times per week).²⁴ An average washing machine uses much less: around 0.79kWh per cycle, which totals around 21p per use.²⁵

Tip from the ivie team

“Avoid covering your radiators with wet clothes. We hang them on a pulley clothes airer above the radiator so that the radiator works more efficiently and still dries our clothes.”

Deborah, Content Manager

The cost all depends on the type of appliances you have, their energy-efficiency rating, and the cycle you use. Here are some tips to help you and your family wash and dry your clothing more efficiently.

Did you know?
Washer-dryers are the most expensive laundry appliance to run. They cost £231 per year for the average household.

Credit: Which?²⁶



Quick wins to save on laundry bills

- Avoid doing several smaller loads when washing clothes. It's better to run a full load – but don't overfill your machine, as it will need to work harder and use even more energy.
- Only wash noticeably dirty clothes. Not everything has to be washed after one wear. You can spot clean small stains to reduce the number of washes.
- Choose the eco setting (or a 20°C wash) to reduce energy and water consumption. It's the same principle as washing up – it's mainly the detergent that cleans your clothes, not the temperature.
- Keep the filters and vents clean. A blocked filter in a tumble dryer means your clothes will take longer to dry.
- Dry similar fabrics together as they'll take the same amount of time. If you mix fabrics, some may take longer to dry than others, making the machine less efficient.
- Detangle your clothes before throwing them in the dryer. This will let the warm air circulate better and help dry your clothes more efficiently.
- Remove clothes from your dryer immediately. Modern machines will continue to rotate to minimise creasing so try to avoid this wasted energy on already dry clothes!
- Keep your dryer in the house. A garage is a common place to put the dryer, but it's not the best for efficiency. Dryers work by sucking in air, so if your dryer is in your cold garage, it'll be working even harder to warm up for optimal drying.
- Set some guidelines for the family so everyone is working together to reduce energy use when they do their laundry.

Living & Dining Areas

Whether you enjoy entertaining or simply love to be surrounded by tech, your living and dining areas present some major opportunities to save energy. You'll no doubt know that switching things off at the wall instead of leaving them on standby can save electricity, but here are some other steps you can take to reduce your energy consumption.

TV and other tech

Watching TV, playing video games, listening to music... we all have so many entertainment devices now that consume energy, but there are ways to minimise this use with a few small habit changes.



Tip from the ivie team

“By reducing your base load usage by only 100W, you could save up to 876kWh of energy throughout the year and see savings of £297 yearly.”

Jack, Hardware Team



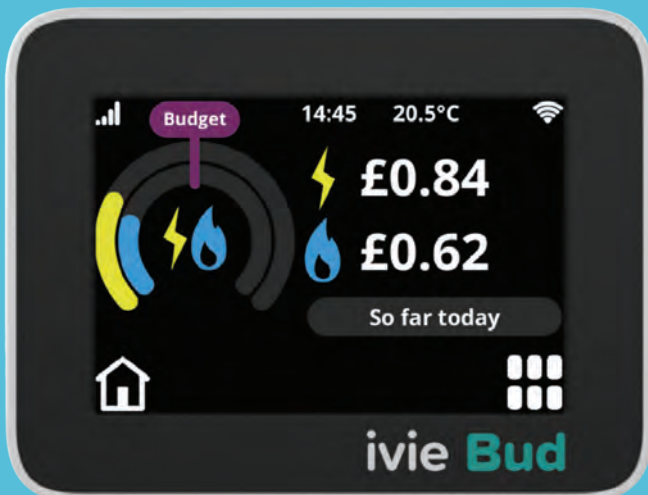
Quick wins for your tech

- If you're buying a new TV, the size and type of TV screen matter. Opt for energy-efficient LED TV screens over plasma as they consume less power.²⁷
- Switch your TV to energy-saving mode to dim the backlight. This'll help reduce your telly's power consumption by a third!²⁸
- Keep your appliances turned off rather than on standby. You probably already know this one, but did you know this small habit can save you up to £55 per year?²⁹
- Have a games console? Turn off the controller so it doesn't use energy when you're not actively playing.
- Avoid using your games console to watch your favourite streaming services. Rely on your set-top box if you can as it uses less energy.³⁰ Even better, you could use your smart TV, or devices such as a Fire Stick or Chromecast, which allow you to cast from your phone.

If you like to listen to music at home, make sure to turn any sound systems off when you've finished enjoying your tunes. Or use Bluetooth headphones, so you can move around freely while you listen without having to crank up the volume to reach you.

Understanding your tech with the ivie Bud

Want to know exactly how much energy your electronic appliances are using? Your ivie Bud in-home display can find this out for you.



Follow these steps:

- Tap the 'So Far' button
- Scroll to 'Usage Now'
- Turn each appliance off and on
- Note the difference in your instant energy usage

Pets

If you have pets, they could be costing you more energy than you realise. A report from uSwitch found that, as a nation, pet lovers are spending £232 million on energy for dogs! Reports show that 60% of people leave their heating on for up to 14.4 hours a week for their pets when they're home alone.³¹

Of course, we're not saying you need to leave your pets out in the cold, but there are ways to keep them warm without heating the entirety of your otherwise empty home.



Tip from the ivie team

“Install a pet door to avoid opening your door every time to let your dog or cat outside. This is a great way to keep the draughts out.”

Will, Cloud Team

ivie's top tips for comfortable pets:

1. Your dog or cat might need a warm environment but that doesn't mean you need to leave the heating on all day. If you're out for no more than a few hours, your home should retain enough heat to keep your pets comfortable.
2. If you're going to be out for more than a few hours, set a timer so the heating comes on for just an hour to maintain a comfortable level for your pets.
3. Offer cosy options. Your pets might respond well to a microwavable heat pad, extra blankets, and a cosy space in a room that retains heat well.
4. Only heat one room. If you have an older pet or a breed that easily gets cold (such as a greyhound), keep one room toasty for them but turn the heating down in the rest of the house.
5. Do you work in an environment that allows pets? Perhaps consider taking your dog to the office.



Home office

With 16% of people now working solely from home, and 28% balancing their time between home and office, it's worth considering how that time impacts your home energy consumption.³²

Even if you work from another location most of the time, it's worth paying attention to how you use energy if or when you are able to work from home.

Heating

When working from home, it's likely you'll only use one room for the majority of the day. If this is the case, look for ways to only heat that one room — such as turning radiators down elsewhere.

Alternatively, set yourself up with a hot water bottle or an electric blanket if you don't feel the need to put the heating on.

If you only work from home on rare occasions, or have a dedicated space in your home for weekend hobbies such as writing or crafting, try not to heat it when it's empty. Keep radiators turned off or on low when the space is unoccupied.

Tip from the ivie team

“Try to control your heating in zones. Unoccupied rooms and hallways can be left cold. Bedroom radiators can be turned off during the day and only the room you are in needs to be warm. Getting thermostatic radiator valves can help simplify this by allowing you to select whether a room is cold, cool, or warm.”

James, Cloud Team

Office tech

The modern home office is brimming with gadgets and computers. Make sure to turn off whatever devices you're not using and get into the habit of fully shutting everything down at the end of the day. Here are some tips on saving energy when you work from home.



Quick wins for your office tech

- Reduce the screen brightness on your computer/laptop from 100% to 70%. It'll save up to 20% of a device's energy.³³
- Laptops are more energy efficient than a desktop computer and monitor.
- Use the power-saving settings on your laptop. Look for 'sleep' or 'hibernate' timers, too. These modes will turn off the monitor within a specified time of inactivity.
- Use an energy-saving plug. You can get multi-socket plugs that turn off secondary sockets when the main device is switched off. For example, your computer might be the main device with your monitor, printer, and phone charger plugged into the other sockets. While you can turn your devices on and off as needed, this ensures everything is off when you shut down for the day.

Outside the home

While you don't expect the spaces outside your main living areas to be particularly energy-intensive, there are still a few steps you can take to make them more efficient, especially if you have a garage.

Garage

If your home has an attached garage that doesn't already have insulation, it's worth considering an upgrade. If your home is losing heat through the garage, you could be spending more than you need to on heating your home. Make sure your garage door is well insulated, as well as the roof, floor, and the connecting door to the house.

As the garage isn't a room most people tend to heat, it's a great location for a freezer. The cooler environment means the appliance has to work less hard to keep your food frozen.



Electric cars

An electric vehicle (EV) can be a great way to save on fuel costs, but you still need to consider how you're charging it at home. There are several ways to maximise the usability of your vehicle while minimising the cost.





ivie's top tips for charging an EV:

- 1** A smart charger will allow you to manage your car's charging schedule. This means you'll be able to take advantage of cheaper overnight rates for charging if you're on an electric vehicle tariff.
- 2** If you don't have a smart charger, many cars will let you set a charging schedule through an app or the in-car display.
- 3** Pre-condition your EV for a journey while it's still plugged in. This means your car won't need to use its battery to warm up if you get in and turn the blowers up to maximum (you can usually do this through your car's app).
- 4** Make sure to set your charging app or vehicle to only charge when it needs it. There's no point in charging your car up to 100% in the middle of the day if you won't be using it for a few days. Instead, let it charge overnight – particularly if you have a cheaper overnight tariff.

Generate energy using solar

If you have solar panels or are considering them, you can significantly cut your electricity bills. There is, of course, an upfront cost for installing solar panels, with the cost for a 3.5 kilowatt-peak system averaging around £7,000.³⁴

If you intend to stay in your home for many years to come, this could be a sound investment as you have the chance to save up to £400 per year on bills (and potentially earn some extra cash by selling excess energy back to the grid).



Did you know?

Solar panels can cover between 49-100% – or more! – of the average UK home's annual energy needs.

Source: The Eco Experts³⁵

There are still grants available for solar panels but the eligibility is set by local councils. If you're interested in exploring solar, search online to find out if you might qualify for an ECO4 grant, which could help you save up to 100% on installation.

There's a lot of power in combining an electric vehicle with solar power.

With solar panels, you can use the energy generated during the day to power your home, and then use whatever is left over to charge your EV. This can make your car incredibly cheap to drive.

Even if you don't have an EV, it's worth considering solar panels paired with a battery storage system. With this power pairing you can generate energy to use during the day, but you'll also be able to store it for use when the sun isn't shining. This allows you to drastically cut your energy bills as many households can more than cover their energy needs through solar. For more information on solar panels, battery storage and EVs, check out our free [Future of Energy Guide](#).

Bedroom and bathroom

You're already familiar with turning off your devices, and the same goes for the other gadgets in your bedroom. Consider unplugging any chargers when they're not in use; the energy drain might be minimal but it's there.

Think about how you're using styling tools, too. Hairdryers, for example, cost around £18 per year to run, depending on the model and how often it's used.³⁶ This might not seem like much, but it might be worth exploring ways of drying your hair more naturally. For example, investing in a microfiber hair wrap will speed up drying time, and could eliminate the need to blow-dry.



Quick wins for saving energy in the bedroom and bathroom:



- Unplug any devices and chargers when you're not using them.
- Switch to energy-saving LED light bulbs.
- Turn down the radiators in the bedroom. Most people tend to sleep better in a cool room than in a roasting hot one. Around 18°C is best.
- An electric blanket is much more affordable to run (around 1p per hour³⁶) than a 3kW convection electric heater (around 92p per hour³⁷).
- If you want to save water, take a shower rather than a bath.
- To save energy, start the day with a warm shower rather than a hot one.
- Want to take things a step further? Studies show that taking a cold shower can have all sorts of health benefits.³⁸



Whether you've read through all these tips in detail or skimmed to find the best bits, you can start to apply our quick wins and tips to each room of your home. Choose the ones that are most relevant to you that could make an instant difference in your energy bills.

For larger investments or longer-term projects, pick a few and start to think about your next steps. These might take longer to fund or get off the ground, but taking time to plan now will make things easier in the future.





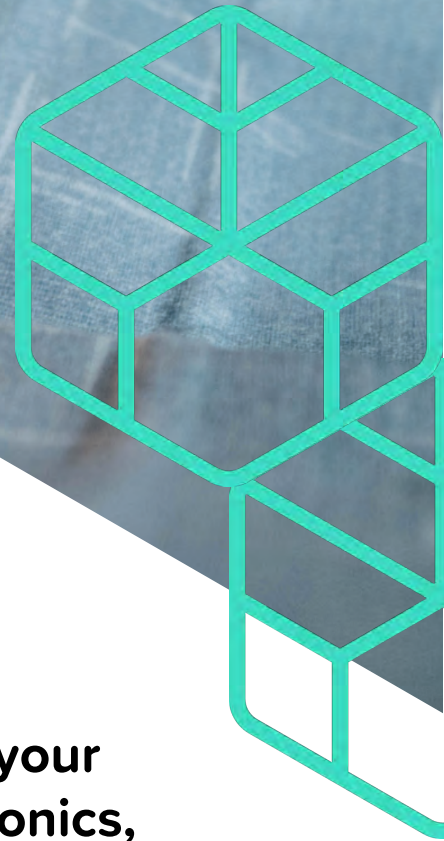
Chapter 4

Energy-Saving Wishlist

By now you should have a better idea of where you use the most energy in your home and where you can make improvements. In this chapter, we discuss the most helpful energy-saving products – starting from a budget-friendly £3 to long-term energy-saving investments that go over £1,000.

In this section you'll discover:

- Low-cost ways to improve your home's energy efficiency
- Simple DIY projects you can complete in a few hours
- Quick wins to keep you warm
- Investments for your forever home



“Taking the time to fully understand your energy-hungry appliances and electronics, and replacing them with more eco-friendly versions, can help save energy. We’ve researched and made note of the most helpful products that can make your home more energy-efficient.”

Ian Spiby,
Senior Product Manager, ivie

ivie's top energy-saving products

Quick win

Try the four-minute shower rule that will help you take shorter showers to save on your water bills (up to £65 a year!).³⁹ This [Spotify playlist](#) has a great selection of songs to help you time your showers to four minutes perfectly. There's even a playlist for kids too!

1

Shower timer: £0-£15

A lot of heating bills are taken up by hot water so, to reduce both your energy and water usage, pop a timer inside your shower. This will work as a great reminder not just for yourself, but also for children who spend too long in the shower!

Buy now



2

LED light bulbs: £4

Traditional halogen light bulbs use a lot more energy than LED bulbs and cost you more in the long run. By replacing all your bulbs with LED lights, you'll save £60 a year.⁴⁰ This might not seem like too much, but consider the lifespan too: a halogen bulb lasts only two years⁴¹ while an LED bulb can last over 25⁴² years depending on which type you get.

Buy now

Use the code IVIELED10 for 10% off!



3

Dryer balls: £5

Dryer balls are a great invention, especially if you're limited on space for drying your clothes. Pop these into your tumble dryer along with your washing to reduce drying time and energy costs. Some can even shorten drying time by 30%!⁴⁴

Buy now

4

Window film: £5-10

Window film improves the insulating properties of windows to keep the cold air outside. By applying window film, you're practically turning a single-pane window into a double pane, and a double-pane into a triple pane.

Bonus: Along with assisting with heat retention, it also helps with cooling in the summertime.

Buy now

5

Plug-in LED night light: £5-£15

There's no need to stumble about in the dark or leave lights burning all night. Simply plug in an LED light with a sensor that will automatically turn on at night and stay off during the day. You can even get motion-activated ones!

Buy now

Use the code IVIELED10 for 10% off!

Did you know?

Replacing all traditional bulbs with LED lights can reduce your home's carbon emissions by around 50kg a year. That's the equivalent emissions produced when you drive a car 145 miles!

Source: Energy Saving Trust⁴³





6

Draught excluder: £3-£20

Draughts are a big contributor to heat loss when it's cold outside. A draught excluder does exactly what it says on the tin. You could make a decorative version for your external doors, or buy something to suit your home style.

[Buy now](#)

7

Foam door seal tape: £10

Make your home cosier and free of draughts by taping around doors, windows, and your loft hatch with some extra thick foam sealing tape. This is a great buy if you're looking to better insulate your home on a budget.

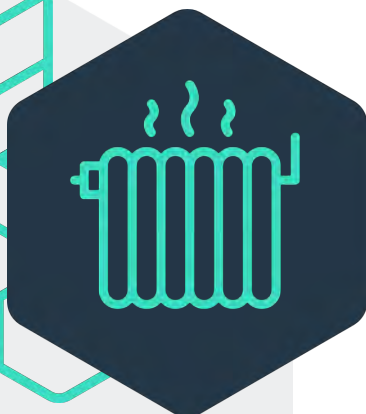
[Buy now](#)

8

Radiator heat reflectors: £8-£25

These reflect heat from the radiator back into the room, rather than losing heat through the walls they are attached to. Radiator heat reflectors are great for providing extra insulation and are easy to install by yourself.

[Buy now](#)



9

Eco shower head: £7-£30

Water-saving shower heads restrict the amount of water that comes through while still letting you have an enjoyable shower. With this product, the typical family could save £30 on gas and around £30 on water per year.⁴⁵

Buy now

Did you know?

Water-efficient shower-heads not only save you water but also gas and electricity. 70% of the water used in a typical shower is hot, so reducing your water usage is crucial for cutting heating costs!

Source: Savewatersavemoney⁴⁶



10

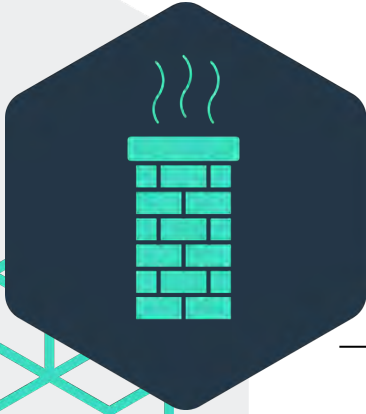
British Standard hot water jacket: £16-£22

If you have a hot water tank, you can insulate it with a British Standard jacket to help save energy on your heating. Not only are they easy to install, but they can also save you up to £45 yearly on your bills if you top up from 25mm to 80mm. Even better, if you have no insulation on your hot water tank, you could save up to £215 yearly by adding insulation, depending on what type of property you live in.⁴⁷

Buy now



11



Chimney draught excluder: £12-£24

Have a chimney? Install a draught excluder to stop hot air from escaping and cold draughts from creeping in while it's not in use. By doing this, you could save £65 per year.⁴⁸

[Buy now](#)

12

Smart plug: £7-£30

Smart plugs allow you to switch off key appliances, from your TV to the kettle, using an app on your phone. They're a great way to monitor your appliances and make sure you're not wasting energy while you're out.

[Buy now](#)

13

Electric blanket: £35-£140

Looking to keep warm but don't want to spend a fortune on heating? The answer is a heated blanket. There are plenty to choose from, with some costing as little as 1p for two hours on low heat.⁴⁹

[Buy now](#)



14

ivie Bud in-home display: £49.99

An in-home display is a great home addition for anyone with a smart meter looking to improve their understanding of how much energy they're using and spending in real-time. We've designed the ivie Bud to be super intuitive and clear, to help you both understand where you're using energy and exactly what you're spending. Even better, it doesn't require an engineer to get started – you can set it up yourself in moments!

Buy now

Use the code GUIDE10 for 10% off!

Did you know?

Your typical in-home display (IHD) provided by your energy supplier can't be reconnected in a different home, which means your IHD won't work for you when you move. Leave it behind for the next homeowner. With the ivie Bud, however, you can take it wherever you go as long as you have a compatible smart meter.



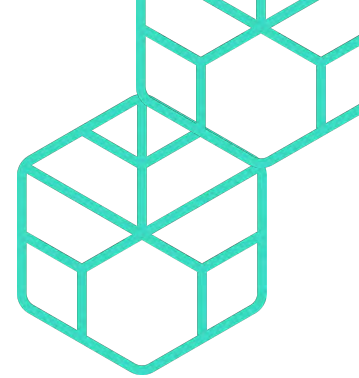
15

Air fryer: £30 to £150

Air fryers do more than just frying. They are one of the most energy-efficient cooking appliances and can cook your food quicker than a typical electric oven as less heat is needed to heat up inside. Recent research shows you could save £191 each year by swapping from an electric oven to an air fryer!⁵⁰

Buy now





16

Heated clothes airer: £55-£140

Rather than putting the heating on just to dry your clothes, an electric clothes airer dries your clothes no matter the weather.

Just note that the parts of your clothes touching the heated bar will dry the quickest, so make sure to shuffle your clothes about every so often. For context, drying clothes with a heated airer typically takes 3-8 hours per load.

Buy now

17

Smart thermostat: £120-£220 (plus installation costs of £30-£80)

Smart thermostats give you total control of your home heating.

You can schedule when you want your heating to come on or turn off through a handy app, and turn the heating off or down with the tap of a button when you leave the house. With this, you could see savings of up to 30% on your heating bills.⁵¹

Buy now

ivie's top energy-saving home investments

To take serious strides in improving your home's efficiency, here are some more sizable investments you can make to bring your energy costs down over the next 5-10 years.



New boiler and smart radiator thermostat

Is your boiler more than 10 years old? It might be time for an upgrade. Modern boilers are much more energy efficient than older models. At the same time, it's worth considering installing smart radiator thermostats, which allow you to control each radiator individually.

Upgrading to an A-rated boiler with thermostatic valves can bring different savings depending on the type of property and boiler you have. For a typical semi-detached house, you could see savings of around £205 a year.⁵²

Already have solar panels?

Your solar PV system works at its peak during daylight hours. Take advantage of this and run your energy-hungry appliances like your dishwasher, washing machine, and so on during these times.

Credit: Energy Saving Trust⁵³



Solar panels

Solar is a great source of renewable energy. These panels generate electricity – even on cloudy days – and when you generate more electricity than you use, the surplus can be exported back to the grid. By signing up to the Smart Export Guarantee (SEG), you'll be paid for the excess electricity you generate.⁵⁴

Your annual energy saving will vary depending on where you live and whether you're in the house during peak exporting times. If you live in Manchester, for example, you could save up to £485 yearly (SEG included), or even more if you're living in London at £525 per year.⁵⁵

If you'd prefer to keep that extra energy for yourself to use at night, you can consider adding battery storage. The average cost for installing solar panels and a battery system is around £12,000 but there are grants and green finance available.⁵³ This is an investment, but could mean you're able to save considerably on your electricity bills, especially if you have energy-hungry appliances or an electric vehicle.

Air source heat pump

A heat pump is an electrical device that transfers heat from outside air to a water system, which then heats rooms through radiators or underfloor heating. This is also used to store heat in your hot water cylinder/tank. Heat pumps can be incredibly efficient, and are already prevalent in Scandinavian countries that get much colder than the UK, so you needn't worry about winter heating.

The potential savings vary as it depends on the size of your home, fuel type, and how you use energy. But there's the potential to save up to £1100 yearly!⁵⁶ The cost of installation is high, but the government is helping to bring down prices with the Boiler Upgrade Scheme (BUS). You can get £7,500 off the cost and installation of an air source heat pump, so now is a great time to take the plunge.⁵⁷ As well as being a low-carbon option, heat pumps are low maintenance and typically have a 25-year lifespan.



Did you know?

Air source heat pumps can save more than two tonnes of carbon each year, reducing CO2 by 20% compared to gas boilers.

Source: Heat Pumps UK⁵⁸

Chapter 5

FIVE

Making Energy Simple With ivie

You've got all the tips, and you've made a wishlist for all your next energy-saving buys, but you might be wondering how you can see your savings in real-time to help you keep making great decisions for years to come.

ivie is here to help you. Our technology transforms your complex energy data into straightforward facts and stats to help you understand your energy use in a simpler, smarter, and more personal way.

The ivie Bud in-home display and the ivie app will help you understand how and where you're using energy in the home. And once you know how you're using energy, the rest is pretty easy.

Get to know the ivie Bud in-home display

The ivie Bud is your smart meter's match made in heaven. On its own a smart meter can't save you energy or cash, but an in-home display like the ivie Bud can show you all the important information you need to help you make energy-saving decisions in the home.

The ivie Bud in-home display will clearly show how much energy you're using in real-time, helping you to make spot-on decisions on the spot. It'll also help you take control of your energy usage, by keeping track of what you're spending and using at any given moment.



Setting up and using the ivie Bud is simple, so it's great for every home, whether you're tech-obsessed or a technophobe. We've made sure it's as user-friendly as possible; not only can you set it up yourself, without an engineer call-out, but the ivie Bud is also compatible with all energy suppliers and even works for prepayment customers!

Setting a budget challenge

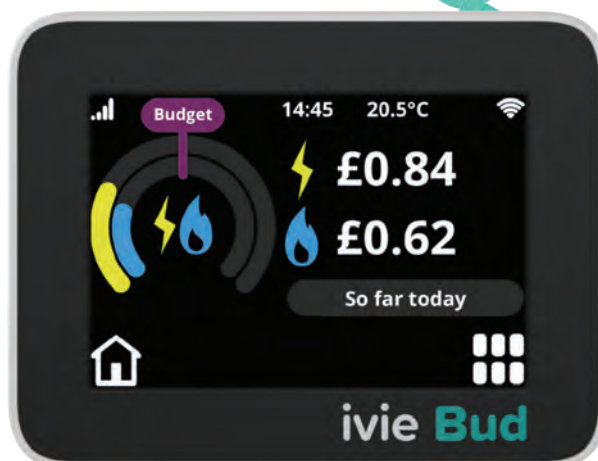


Sticking to a budget can be tough, but having a visual reminder to help you keep track makes a big difference, especially if you're trying to encourage others in the household to be more mindful of their energy use.

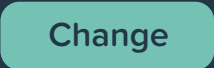
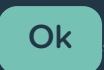
The Ultimate Home Energy Saving Guide

The ivie Bud is a brilliant way to get the whole family to understand energy use. When everyone can see how the numbers differ based on use – if the kids are at home playing on games consoles for hours, or you're catching up on a week's worth of laundry, for instance – then the numbers on the screen start to really mean something. The budget becomes a challenge for everyone to get involved with.

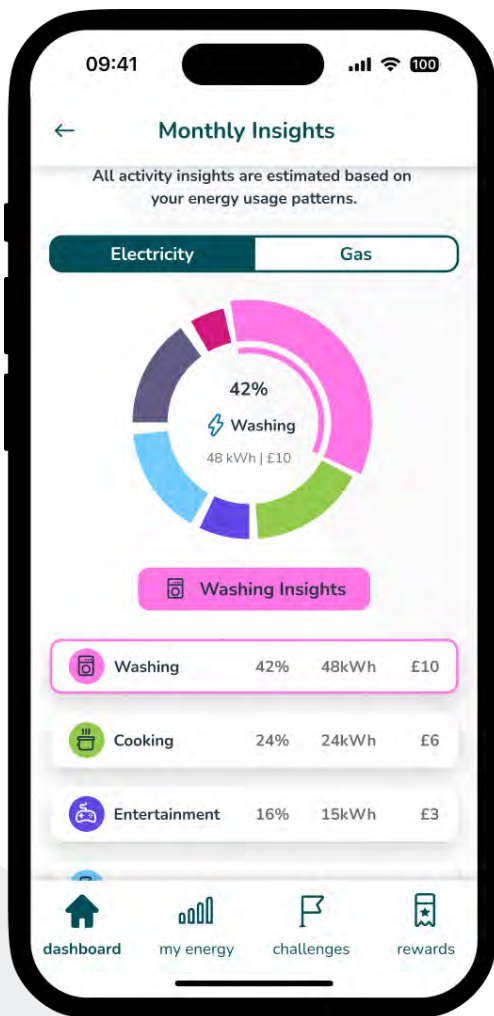
You might not hit your target every month but having something to work towards can motivate everyone to improve their habits as part of your energy makeover.



ivie Bud top tip: Setting your budget

1. Start by pressing  then press .
2. Choose which energy you're setting your budget for and press .
3. Choose a day, week, month or year by tapping the Time Period button. To add to or lower your budget, use  and  buttons. Then press  and . Easy as that.

Get the ivie Bud here



The ivie app - your new energy-saving hero

With the free ivie app, you have total control over your home's energy. It works in harmony with your ivie Bud, but you don't need one to start getting energy insights from the app – you just need a smart meter.

“Every home uses energy differently, so what we need is a personal energy-saving journey that is tailored to your home, habits, and how you use energy. This is why we made the ivie app – to give you more control over your home's energy.”

Stephane Lee-Favier,
Managing Director, ivie



Why you'll love the ivie app



See patterns and stay on track

Easily spot when you're using too much energy and see which days have been your worst or best. As you continue to use the ivie app, it will learn more about you and establish a realistic baseline for your energy use.



Track where you're spending the most

The ivie app breaks down your usage by activity, so there's no more wondering what's using up so much energy. See what's costing you the most, and get insights into areas where you can cut down.



Receive personal tips and challenges

The ivie app creates personalised energy-saving tips and challenges based on your energy usage, from quick wins to long-term jobs like improving your insulation. Find out what changes you could make for the best results in your home.



Reward your savings

Earn ivie points for saving energy and exchange them for exciting prizes. Get your family involved in your ivie challenges and reap rewards as you go!

When you pair the ivie app and the ivie Bud, you're armed with all the information you need to make decisions about your energy use. There's no need to guess about energy savings you could make when your energy bills arrive. ivie does the hard work for you so you can save energy for the things you love.

Download the free ivie app



Be part of the ivie community

We enjoyed researching and creating this guide, and hope it will both help you better understand your energy use and give you ideas on how you can bring your bills down this winter.

If you have your own energy-saving tips, or want to share the results of your efforts around the home, we'd love to hear from you.

Email us at hello@ivie.co.uk or use the hashtag #ivieenergytips on Instagram, Facebook or X to share your top tips.



“We’re here to simplify the way you look at your energy consumption. With detailed insights and tips to help you make the best decisions for your home, ivie can help you save on your energy bills while reducing your carbon footprint.”

**Stephane Lee-Favier,
Managing Director ivie**

Further Information and Resources

If you're struggling with your energy bills, you can get support from these charities and services across England, Wales, and Scotland.

England and Wales

Citizens Advice

Freephone: 0808 223 1133
Textphone: 18001
Click here for online webchat
Website:
citizensadvice.org.uk

Age UK

Phone: 0800 055 6112
Website: www.ageuk.org.uk

National Energy Action

Phone: 0800 304 7159
Website: www.nea.org.uk

StepChange

Phone 0808 138 1111
Click here for online webchat
Website:
www.stepchange.org

National Debtline

Phone: 0808 808 4000
Website:
www.nationaldebtline.org

Scotland

Citizens Advice Scotland

Freephone: 0800 028 1456
Website: www.citizensadvice.org.uk/scotland

Advice Direct Scotland

Phone: 0808 196 8660
Contact form: energyadvice.scot/
email-us Website & online chat:
energyadvice.scot

Age Scotland

Phone: 0800 12 44 222
Website: www.ageuk.org.uk/scotland

Money Advice Scotland

Phone: 0808 196 2316
Email: support@advice.scot
Website: www.moneyadvice.scot

Contact details

Website: ivie.co.uk **Facebook:** [@ivie.co.uk](https://www.facebook.com/ivie.co.uk)
Instagram: [@ivieuk](https://www.instagram.com/ivieuk)
X: [@ivie_UK](https://twitter.com/ivie_UK)

Address

The ivie Marketing Team,
Chameleon Technology,
First Floor, Central House,
Beckwith Knowle, Otley Road,
Harrogate, North Yorkshire, HG3 1UF

Social Media

Don't forget to follow us on social media. We're always sharing helpful tips and advice about saving energy and carbon in the home. Make sure to say hello!

Troubleshooting and customer care

Do you have a question about using your ivie Bud in-home display or the ivie app? We have a range of helpful FAQs that will probably have your questions answered. Check them out here. Make sure to look at our ivie Bud user guide too.

For specific enquiries, please contact customercare@ivie.co.uk.

FAQs

For FAQs relating to the ivie Bud and ivie app, visit the links below:

[ivie Bud FAQs](#)

[ivie app FAQs](#)

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