



Heat your home efficiently!

In an average household the heating and hot water use account for 86% of the energy consumption in Hungary. Below, you find some tips that can help you reduce your energy consumption without giving up your comfort.

Maintenance

- **Do regular checkups and descaling** on the furnace and the boiler.
- **Insulate the hot water pipes**, if they cross cooler rooms.
- **Bleed** (let the air out of) your radiators at the beginning of each heating season (see e.g. [here](#)) and **clean** them from dust.

Temperature and humidity

- Set your thermostat at **18-21°C during the day**.
- **For the night** and when you are not at home **you can turn down the temperature with 2-3°C**.
- Check the temperature and if needed **turn down the temperature on your water heater (boiler) from 60-80°C to 50°C**.
- Make sure that your **doors and windows are properly insulated**.
- When you air the rooms in winter, **open the windows only for a short time** (max. 5-10 minutes).
- During the day let in the natural light (and thus warmth), but **close the curtains for the night**.
- **Check the humidity in your home**. It should be between 40-60%. If lower than this, you may need to think of some ways of increasing it, e.g. through having more plants, air-drying clothes, etc.



Other

- Be careful with how you place your furniture in the house: **do not block the air flow and your radiators with pieces of furniture**.
- **During winter, cover the floor with more carpets!** This way you can decrease your heat loss by up to 10%.
- **Surround yourself with plants** to keep humidity levels higher (40-60% in winter). Higher humidity makes you feel warmer at the same room temperature.
- If you are more sensitive to cold, and you feel chilly in 20 degrees, **consider putting on more clothes**.



Top tips (for champions)

- Place a **heat reflector foil** behind radiators on the outer walls of the house (you can buy it online or can make it yourself from cardboard and aluminum foil).
- If there is no thermostat in the rooms, **it is reasonable to install them thermostatic valves on your radiators**. This can be done easily and then you set the temperature individually in each room.

You can also...

- ...**consider buying a new thermostat**, if the current one is too old and not positioned properly.
- ...**change the circulation pump** of the central heating to a **class A energy efficient pump**.
- ...install water heaters **as close as possible to the place of water use**.
- ...**put draft stoppers in your windows and at the doors**.

You can find further tips on heating and how to keep the warmth inside your home at ...

Useful information, contact, funders

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