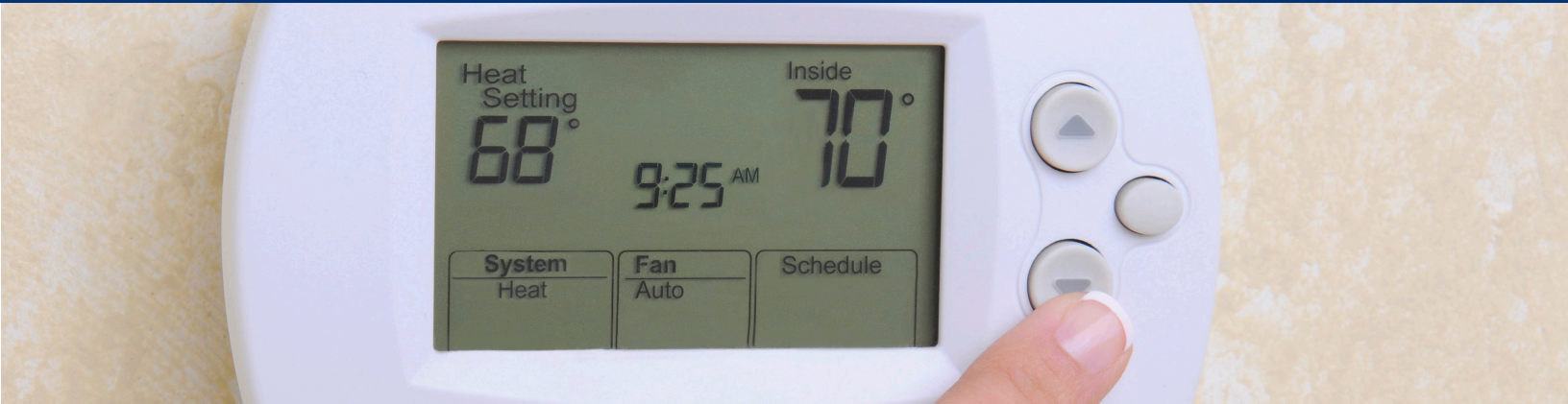# Thermostat Savings Worksheet

NEW YORK STATE | **Regional Clean Energy Hub**

Q: How does lowering your thermostat save you money?

A: For every degree a thermostat is set back for 8 hours, you saving approximately 1% of your heating bill.

It actually costs less to warm up a cool house than it does to keep the house at a constant higher temperature.

Calculate How Much You Can Save Below:					
8-Hour Period	**Current Temperature**		**New Temperature**		**Degrees Reduced**
STEP 1 Morning and Evenings	°F	–	°F	=	
Day-time Hours (Work and School)	°F	–	°F	=	
Night-time Hours	°F	–	°F	=	
STEP 2 TOTAL PERCENTAGE SAVINGS: Add the degrees reduced (step 1) and divide by 100 (ex: If degrees reduced equals 5, use 0.05					
STEP 3 ESTIMATED HEATING COSTS: Refer to your utility or fuel bill(s) and estimated cost to heat home for one season				$	
STEP 4 SAVINGS: Multiply your Total Percent savings (step 2) by your Estimated Heating Costs (step 3) to see how much you may save by adjusting your thermostat				$	

New York State Energy Research and Development Authority