

10 Energy Efficient Tips to Keep Your Home Cool This Summer

Summer in Sydney, it doesn't get any better than this! As Sydneysiders, we are fortunate to live in one of the most comfortable and temperate climates in the world. But, even with great weather year round, we can still get some hot days over the summer months.

Did you know that household energy consumption accounts for about 8% of all energy consumed in Australia*? And, according to Energy Star, "the energy used in the average home is responsible for twice as many greenhouse gasses as the average car." With summer upon us, it's time to take a look at a few ways you can cool your home more efficiently.

1. Save the Chores for the Evening

Extremely hot weather causes your cooling system to work overtime, even if just for a few days. On extra hot ones, save activities that generate heat for the evening hours, when things cool off a bit. That way, your home's cooling system won't have to kick into overdrive just to keep things comfortable.

That means holding off on chores such as running the dishwasher or dryer. If possible, consider line drying your clothes outside and skipping the dryer altogether.

2. Open Your Home at Night

When it's hot outside, keep your home shut tight to keep cool air in. Make sure that windows and doors have the proper seals to keep cool air in and warm air out. If you have older windows and doors, you may want to consider replacing them with more energy efficient aluminum windows and sliding doors.

At night, give your cooling system a break and let the cool night air in. Installing a bank of aluminum sliding doors in the back of your house can allow you to cool almost your entire home using little, to no energy at all.

3. Use a Window Fan

On days where the temperature is 25 degrees Celsius or below, using a ventilation system such as a window fan can greatly reduce your energy bill. Not to mention, it is better for the environment, too.

In order to be effective, install a window fan in the down stairs windows and keep all interior doors open for optimal airflow. Both aluminum sliding windows and

aluminum sash windows can easily accommodate installation of a fitted window fan.

4. Install Energy Efficient Appliances

Ceiling fans can greatly increase your indoor comfort levels without the use of air conditioning. By installing a high efficiency ceiling fan, you will not only save energy but can actually increase your comfort range up to 28 degrees Celsius.

5. Less is Truly More

If you are running your home on a central air system, close the vents in rooms that are not used frequently. Doing so reduces the cooling load on your home. You may also want to consider installing individual cooling units in certain rooms as well. This will allow you the option to turn them off when the room is not in use.

When leaving home, it's also a good idea to turn off your air conditioning units. A good rule of thumb is to turn the thermostat off if you will be gone for one hour or more.

6. Ease Up on the Dehumidifier

Most central air conditioning systems have a built in dehumidifier, but if yours doesn't or you are using window units, try to use your dehumidifier sparingly. Using your dehumidifier while running your air conditioner at the same time can put a heavy load on your home's energy system.

There are other ways that you can make sure that you are not contributing to the humidity in your home on hot, humid summer days. For instance, keep moisture to a minimum during the daytime. Wait until evening to run dishwashers and washers and take cool showers instead of hot ones to avoid creating steam.

7. Use Blinds to Your Advantage

Ditch the heavy curtains and opt for white roman shades or mini blinds on your windows instead. A great set of mini blinds on aluminum sliding windows looks clean and modern and is energy efficient. In fact, they can decrease the effects of solar heat gain by up to 50%!

8. Install New Windows

Older windows may lend an air of authenticity to your home but, they can be major energy leaks. In fact, many older windows don't do much for keeping your house cool in the summer or allow for proper ventilation. Consider installing either aluminum louvre or aluminum awning windows for greater airflow, instead.

Both aluminum awning and louvre windows will allow you to direct the airflow in your home while also protecting openings from rain and sunlight.

9. Shade the North Side of Your Home

Your home's northern exposure gets the most sunlight throughout the day, which is why rooms situated on that side of the house tend to feel hotter, especially at midday. Consider installing awnings on windows with a northern exposure or better yet, aluminum awning windows. Awning windows will allow you to increase the airflow in your home while providing shade and protection from the elements.

10. Update your AC

According to Energy Star, the lifespan of an average AC system is about 10 years. If yours is older than this, consider getting it replaced. An inefficient cooling system can drain energy and your pocketbook! To make the most of your existing system, start by cleaning your air filters once a month during hot weather and check your thermostat settings frequently.

When it comes to conserving energy in your home, Betaview is Sydney's leader in high quality, energy efficient aluminum windows and doors. All of our windows and doors are WERS rated and meet the highest Australian standards in energy efficiency. To find out more as to how our products can increase the value of your home, please call us at 02-9623-5611.

*According to a study done by the Australian Bureau of Resources and Energy Economics.