

# Simple ways to save energy

- ❑ **Stay cool in the summer.** Set your thermostat at 78°F or higher.
- ❑ **Stay warm in the winter.** Set your thermostat at 68°F or lower and wear a cozy sweater. Close the drapes or blinds at night to insulate from the cold.
- ❑ **Take advantage of natural sunlight.** Open your blinds or curtains to light and heat your rooms.
- ❑ **Replace all your light bulbs** with long-lasting light emitting diodes (LED) bulbs.
- ❑ **Take shorter showers.** Time your shower by playing a three-minute song.
- ❑ **Use the dishwasher for full loads.** Use the cool-dry cycle, with, turn it off after the final rinse and let dishes air dry.
- ❑ **Set your refrigerator** between 36°F and 40°F and freezer to 5°F.
- ❑ **Turn off lights** when leaving a room, even if it's only for a few minutes.
- ❑ **Unplug appliances.** Power strips allow you to turn them all off at once.





## **Questions about SOMAH or your building's solar energy project?**

**CALL THE TENANT HOTLINE AT  
800-843-9728**

**CalSOMAH.org/tenants**

☎ 858-244-1177 ext. 5

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