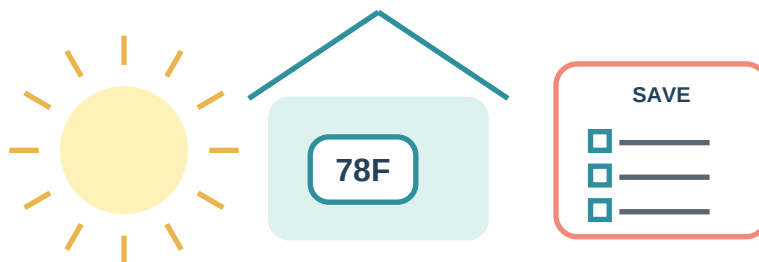


The Summer Energy Savings Checklist

A practical, budget-friendly guide to lower your electric bill without guessing which tips actually matter.

**Start here:**

Do the no-cost actions first: thermostat, fans, filters, blinds, appliance timing, and standby power. Small changes stack up fastest when your AC is running every day.

Use this checklist once at the start of summer, then again when your next bill arrives. Your exact savings will vary by home size, rates, weather, and habits.

What this helps you do	Quick win
Lower AC workload	Set the thermostat higher and use fans correctly.
Stop hidden waste	Replace dirty filters and unplug standby devices.
Reduce heat entering the home	Block direct sunlight before it turns into indoor heat.
Find help if the bill is too high	Check LIHEAP and utility payment plans before the bill becomes overdue.

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Start With the Highest-Impact Moves

These are ranked by likely impact for most households during a hot summer. Use the last column to mark what you will do this week.

Priorit y	Action	Why it matters	Potential summer impact	Done
1	Set thermostat to 78F when home; raise it when away.	Cooling costs rise quickly when the AC has to fight a big indoor-outdoor temperature gap.	\$30-\$70	☐
2	Use ceiling fans so you can raise the thermostat by about 4F.	Fans cool people, not rooms. Turn them off when nobody is there.	\$40-\$80 with thermostat adjustment	☐
3	Check and replace dirty AC filters.	Dirty filters slow airflow and make the system work harder.	\$20-\$50	☐
4	Close blinds on south- and west-facing windows.	Sunlight through windows turns into indoor heat your AC must remove.	\$15-\$35	☐
5	Shift laundry, dishwasher, and dryer to off-peak hours if your plan allows.	Time-of-use rates can make timing matter as much as usage.	\$25-\$60	☐
6	Use smart strips or unplug standby devices.	Standby power quietly adds up across TVs, computers, chargers, and game systems.	\$15-\$40	☐
7	Use the grill, microwave, air fryer, or slow cooker instead of the oven.	Less kitchen heat means less AC work.	\$10-\$25	☐

Tip: Do not try to fix everything in one day. Pick the top 3, then add one new habit each week.

Room-by-Room Summer Energy Checklist

Walk through the house and check off what you can do today. Most of these are free or low-cost.

Thermostat + AC

- ☐ Set cooling to 78F when home and awake.
- ☐ Raise the setting when everyone leaves.
- ☐ Increase by 1 degree per day if 78F feels too sudden.
- ☐ Keep lamps and heat-producing electronics away from thermostat.

Fans

- ☐ Run ceiling fans counterclockwise in summer.
- ☐ Raise thermostat about 4F when fans are on.
- ☐ Turn fans off in empty rooms.
- ☐ Use portable fans where people sit most.

Filters + Airflow

- ☐ Check filter today.
- ☐ Replace if dirty; check monthly during heavy use.
- ☐ Do not close too many vents; it may strain the system.
- ☐ Keep return vents clear of furniture and curtains.

Windows + Sun

- ☐ Close blinds on sunny windows during peak daylight.
- ☐ Use light-colored curtains where possible.
- ☐ Open windows only when outside air is cooler.
- ☐ Add temporary blackout curtains in the hottest room.

Appliances

- ☐ Run dishwasher, washer, and dryer off-peak if on time-of-use rates.
- ☐ Wash full loads when possible.
- ☐ Air dry dishes or laundry when practical.
- ☐ Use microwave, air fryer, slow cooker, or grill instead of the oven.

Electronics

- ☐ Unplug chargers not in use.
- ☐ Use smart power strips for TV/gaming/computer areas.
- ☐ Turn off printers and small office equipment overnight.
- ☐ Unplug guest room devices no one uses daily.

Your 7-Day Energy Savings Plan

Use this simple plan to turn the checklist into action. Your goal is not perfection. Your goal is to reduce the biggest sources of waste first.

Day	Action	Done
Day 1	Set thermostat target and check filter.	☐
Day 2	Set fans correctly and turn them off in empty rooms.	☐
Day 3	Close blinds on sunny windows before the house heats up.	☐
Day 4	Find your utility rate plan and check if peak/off-peak hours apply.	☐
Day 5	Move one laundry or dishwasher load to off-peak hours.	☐
Day 6	Unplug unused chargers and add one smart strip if needed.	☐
Day 7	Choose one no-oven meal or outdoor cooking day.	☐

Electric Bill Tracker

Month	Bill amount	kWh used	What changed?
May	\$		
June	\$		
July	\$		
August	\$		
September	\$		

If the Bill Is Still Too High

Ask for help early

Check LIHEAP in your state, call your utility about budget billing or payment arrangements, and ask about shutoff protections before the account becomes overdue.

Sources used: NEADA 2026 Summer Cooling Outlook/June update, U.S. Department of Energy Energy Saver, ENERGY STAR, USA.gov LIHEAP, and Berkeley Lab Standby Power guidance. This checklist is educational and does not guarantee specific savings.