

TIP 2: DO MORE WITH LESS ENERGY

Efficient technologies—like LED lighting or smart thermostats—deliver the same (or better) performance while using much less energy

TIP 1: CHANGE YOUR BEHAVIOUR

Driving change starts with changing your own behaviour. Adopt practices that will optimise energy efficiency.

TIP 3: IMPROVE INSULATION AND REDUCE HEAT LOSS

A lot of energy is wasted through poor insulation. Adding attic and/or wall insulation can significantly reduce heat loss.

TIP 4: MAINTAIN APPLIANCES, WATER AND HEATING SYSTEMS

Regular checks can prevent leaks and wastage. Get your systems serviced regularly.

TIP 5: GET INFORMED ON IRISH ENERGY SUPPORTS AND RATINGS

The Sustainable Energy Authority of Ireland (SEAI) supports households, businesses and communities through energy efficiency grants that can help you afford upgrades like insulation.

TIPSHEET

ENERGY EFFICIENCY

Did You Know?

A fridge takes up to 45 minutes to regain its ideal temperature after being open for just 20 seconds. Don't let it open for too long!

Additional Resources

- European Commission - [Energy Efficiency definition](#)
- Sustainable Energy Authority of Ireland ([SEAI](#)) - grants for households, companies and communities
- Energy upgrades (grants and support in Ireland) - <https://www.gov.ie/en/department-of-climate-energy-and-the-environment/publications/energy-upgrades/>

