

# Feeling a little drained this semester?

It's easy to...

## *Save some energy!!*

### Computers and Televisions:

- Turn off monitors when you are not using them.
- Allow computer and monitor to sleep or hibernate.

**150 kWh / yr**

<http://www.energy-solution.com/off-equip/configuring-monitors.html>

### Heating and Air Conditioning:

- Do you have a programmable thermostat? Use it!
- Keep your room's windows and doors closed to keep heat in.
- When you are not there, turn off heat and air, or set it back.

Temperature: 78°F Summer

70°F Winter

**30 Million Btus / yr**

Setback: In the winter, let it get 5°F to 10°F degrees cooler at night.

In the summer, let it get 5°F degrees warmer when not at home.

### Lighting:

- Turn off lights that you do not need (esp. dorm bathrooms!)
  - Turn off lights when you leave any room
- Use compact fluorescent bulbs instead of incandescent.
- If you need a motion controlled light switch, email Paul Crumpler:

**300 kWh / yr**

[jpc9b@virginia.edu](mailto:jpc9b@virginia.edu)

### Driving a Car:

- Don't!
- Walk when you can
- Ride a bike
- Keep tires properly inflated and change air filters on schedule

**500 gallons / yr**

### Labs:

- Close sashes on Fume Hoods
- Put sign on fume hoods

**1000 Million Btu / yr**

### Where to go for more information on energy:

<http://utilities.mgmt.virginia.edu/energy/index.asp>

email Paul Crumpler: [jpc9b@virginia.edu](mailto:jpc9b@virginia.edu)



UVA Recycling  
[recycle.virginia.edu](http://recycle.virginia.edu)  
982-5050