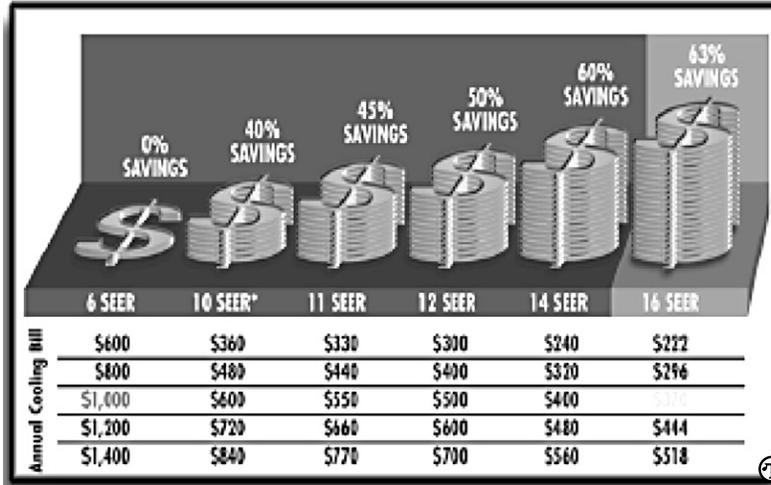


# Energy-Saving Tips To Keep Your Home Comfortable This Summer



Minimum efficiency established by the Department of Energy.

(NAPS)—As the nation's energy crunch continues, homeowners everywhere are facing the prospect of a long, hot summer with higher-than-average utility bills. But, before getting overheated by the thought of paying more to keep your home comfortable, there are steps you can take to reduce your energy consumption.

Potential energy savings may vary depending on numerous facts, including your personal lifestyle, system settings and local climate, but cutting back can help.

"Conservation is the key," said Paul Trotter, brand manager for American Standard Heating and Air Conditioning. "While the debate continues over what to do about the national energy crisis, homeowners can start conserving energy today."

American Standard recommends these tips for reducing your energy consumption this summer:

- Keep your thermostat at 78 degrees or even higher when you're not at home. For each degree you raise the thermostat, you can save up to five percent on your cooling costs.
- If you don't have a programmable thermostat, consider purchasing one.
- Have a professional heating and air conditioning dealer clean and check your system before the cooling season starts.
- Change your filter monthly during peak usage. Dirty filters require your system to work harder to keep your home cool.
- Consider blinds or window treatments over exposed windows to shield your home from the heat.
- Add insulation to your attic

and make sure all your doors and windows are weather-stripped.

For those in the market for a new home comfort system, consider choosing options that will have long-term significance on energy usage.

- Select a high efficiency, variable speed heating and air conditioning system. In the heat of summer, a high efficiency system of 16 SEER (Seasonal Energy Efficiency Rating) can make an enormous difference in your energy consumption. The government's current minimum SEER requirement is 10. Each point up on the SEER scale means ten percent more efficiency. If you have a variable speed system, keep the fan running continuously during the summer to circulate the air and provide the best possible air filtration. This can be done by turning the fan switch on the thermostat from "automatic" to "on." Operating like this, a variable speed motor uses about as much energy as a 40-watt light bulb.

In winter, a variable speed furnace varies its output depending on your home's heating needs. Eighty percent or more of the time it will operate in first-stage, which conserves energy and eliminates temperature swings.

- Make sure to purchase the right size system. Your heating and air conditioning dealer can determine this with a load calculation of your home.

For additional tips on air conditioning, contact your local American Standard Heating and Air Conditioning dealer, visit [www.americanstandardair.com](http://www.americanstandardair.com), or request a free video by calling 1-866-NICE AIR.