

# ENERGY MATTERS

## Wake-Up Call: Cost-Effective, Energy Efficiency Tips

(NAPSA)—As the temperature drops, you shouldn't have to lose sleep over home-heating bills going up. By following a few simple tips, you can help keep those costs under control, while still feeling cozy and comfortable.

Experts suggest the following:

- Check your windows and doors for leaks, sealing any you find. Hundreds of dollars a year can fly out through even a tiny gap.

- Make sure your home is thoroughly insulated, including often-overlooked areas such as switch plates.

- Use energy-saving light-bulbs.

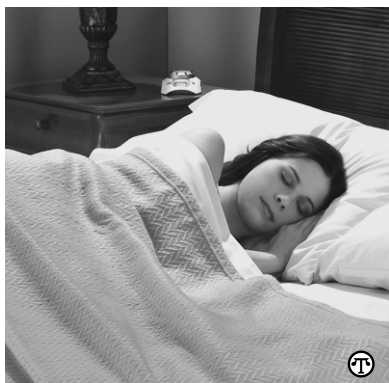
- Keep air registers, baseboard heaters and radiators clean and make sure they are not blocked by anything. In addition to saving you money, this can help lower the risk of fire.

- Turn your water heater down to 120 degrees. That should be hot enough for most applications, and it's safer for small children and the elderly.

- Turn down your thermostat and use a heated blanket or mattress pad to warm the bed prior to settling down for sleep at night. With the soothing heat of a heated blanket or mattress pad, consumers can turn down their thermostats considerably and still stay warm while saving money.

- Scatter warming throws around the house. These are perfect cuddling couch companions while watching TV or reading.

- Keep your appliances up to



**Dream On: Bedding that saves you money on your energy bills can pay for itself in a surprisingly short time.**

date. Kitchen appliances such as refrigerators, stoves and dishwashers are continually being improved; every few years, investigate your options and see if you can save money by upgrading.

### **Bedding That Pays For Itself**

You don't have to heat your entire house when you can just warm your bed and other isolated areas where you relax. For example, Sunbeam® Heated Blankets, Mattress Pads and Warming Throws give you the chance to knock down the thermostat 10 to 15 degrees at night while still feeling toasty. That alone can mean savings of up to 10 percent a year on heating costs. And Sunbeam's exclusive warming system senses and adjusts to deliver consistent warmth throughout the night.

To learn more, visit [www.sunbeambedding.com](http://www.sunbeambedding.com).