

A Guide to Cooling Your Home Efficiently

As the temperature rises, so does the cost of cooling your home. Although air conditioning is thought to be the best method of cooling, there are other options that provide the same amount of cooling without increasing your energy bills.



Natural ventilation is an ideal way to cool the home.

To encourage air movement in the home, open windows on opposite sides of your home. This allows air movement which can make a room feel cooler without any need for air conditioning.

Make full use of curtains or blinds by closing them during the day to reduce the heat and sunlight that is entering your home.



Insulation can help keep a home cool in the summer. In the same way that heat is kept in the house in the winter. Insulation can prevent outside heat from entering the house during the summer.

If you have ceiling fans or free standing fans make sure that these are only being used where they are needed. This one appliance can make a room feel six or seven degrees cooler.



If you are using air conditioning units make sure that controls are set so that these units are only being used when needed and to the right temperature, for example not too low.

Humidity makes room air feel warmer, so reduce indoor humidity. Minimise mid-day washing and drying clothes, showering and cooking. The extractor fans installed in your home will help reduce humidity.

