

# Setting Your Thermostat

## How to Save Energy Costs

- You can easily save energy in the winter by setting the thermostat to a comfortable temperature when you're at home and awake, and lowering it to a cooler, but acceptable, temperature when you're asleep or away.
- In the summer, you can follow the same plan with central air conditioning by keeping your house warmer than normal when you are away, and lowering the thermostat setting to a more comfortable temperature only when you are at home.
- If you have a programmable thermostat, you can set it to automatically make these adjustments at different times during the day to match your typical behavior and maximize your savings with a minimum amount of effort.

## Some Common Misconceptions

**MYTH:** A furnace works harder than normal to warm the space back to a comfortable temperature after the thermostat has been set back, resulting in little or no savings.

**FACT:** The fuel required to reheat a building to a comfortable temperature is roughly equal to the fuel saved as the building drops to the lower temperature. You save fuel between the time that the temperature stabilizes at the lower level and the next time heat is needed.

**MYTH:** The higher you raise a thermostat, the more heat the furnace will put out, or the faster the house will warm up.

**FACT:** Furnaces put out the same amount of heat no matter how high the thermostat is set — the variable is how long it must stay on to reach the set temperature.

## Turning the Heat Down Just Four Hours Will Save Money

In the winter, significant savings can be obtained by manually or automatically reducing your thermostat's temperature setting for as little as four hours per day. These savings can be attributed to a building's heat loss in the winter, which depends greatly on the difference between the inside and outside temperatures. For example, if you set the temperature back on your thermostat for an entire night, your energy savings can be substantial. **NOTE:** For customers who heat and/or cool with a heat pump, it is recommended that the thermostat be set at a comfortable setting for the whole season.

### PLEASE READ

Seniors and people with special medical needs should check with their doctors before changing their normal home temperatures or turning off air conditioning or heating units.

*Source: US Department of Energy, Office of Energy Efficiency and Renewable Energy*

## For More Information

The Missouri Public Service Commission (PSC) regulates investor-owned water, sewer, natural gas, electric and steam utilities. The PSC also has limited jurisdiction over telecommunications providers in Missouri. The PSC works to ensure Missouri citizens receive safe, reliable and reasonably priced utility services. If you have an inquiry, billing question or service-related issue that your utility provider cannot answer, please call the PSC at **1-800-392-4211** or visit our website at **psc.mo.gov**.



## Missouri Public Service Commission

200 Madison Street • P.O. Box 360 • Jefferson City, Missouri 65102-0360  
**Website:** [psc.mo.gov](http://psc.mo.gov) **Email:** [pscinfo@psc.mo.gov](mailto:pscinfo@psc.mo.gov) **Phone:** 1-800-392-4211