

Reverse Cycle Heating and Cooling

- considered the cheapest, most energy efficient, lowest emissions heating and cooling option.
- use only 25-30% of energy required by conventional gas or electric system.
- 300% to 600% efficient, which means that it can take one unit of electrical energy and turn it into 3 to 6 times as much heating or cooling energy.
- Individual Reverse Cycle units are usually cheaper to run than a ducted system.
- Winter: set thermostat at 19 degrees C. Summer: set the thermostat to 24 deg C.
- A single degree up or down can impact energy consumption by as much as 10%.
- Clean filters at least annually.
- Useful Facebook Group “My Efficient Electric Home” (MEEH).
<https://www.facebook.com/groups/MyEfficientElectricHome>

Electric Evaporative Coolers

- Power use is generally low but has high water use. Up to 50L-100L per hour.
- Has ducting and outlets in your ceiling that create draughts if not sealed when it is not in use so in winter - close vents in ceilings and cover the unit outside.

Other efficient ways of heating or cooling

- Pedestal and/or ceiling fans are a great way of moving air around and increasing comfort for minimal cost. Feel about 3°C cooler.
- Electric blankets, foot warmers, heated lap rugs, hot water bottles and extra clothing for warmth.

