

Make Earth Hour Year-Round!

The annual Earth Hour event lasts for only a single hour each year. Due to the short length of the event, Earth Hour acts primarily as a symbolic activity to promote awareness of energy conservation. However, there are many simple ways to incorporate the ideas behind Earth Hour into your daily life to reduce your energy use. Many of them are as simple as adjusting to new habits and are easy to implement throughout the entire year!

Try using these actions to experience the benefits of Earth Hour year-round:



- Turn off lights and appliances when they are not in use. Make it a habit to turn off these items when you leave a room.
- Use power strips to plug items into your wall outlets. The power strips make it much easier to turn off everything with the flip of a switch. You could consider adopting smart power strips that will turn off automatically when power draw is not detected. This helps prevent phantom plug loads, which cost U.S. households an average of \$100 per year.¹
- Reduce the heating/cooling of your house when you are asleep or not home. Reducing air conditioning in the summer and heating in the winter by even a couple degrees for part of the day can dramatically reduce electricity use (and save money)!
- Replace your light bulbs with LED variants. LED bulbs use considerably less energy, last longer and produce less heat than their incandescent counterparts.
- Program your appliances to optimally use their power-saving features. Computers can be set to sleep or power down after a certain period of inactivity. Most televisions come equipped with sleep timers. Even your coffee maker likely has a feature to turn off on its own! Likewise, smart thermostats can use occupancy sensors to regulate heating and cooling without a schedule. Each of these items provide an opportunity to save energy.
- Plan your own Earth Hour on a regular basis. If you want to make a larger impact using the traditional Earth Hour practice of turning off all lights for an hour, then plan to do this once a month or even once a week. There are plenty of activities that can be made more fun with candles or flashlights. For example, have a candle-lit dinner or play board games or have a shadow puppet show with your kids! Please follow [fire safety guidelines](#) if you decide to use candles!