## Energy efficiency: simple gestures every day

Energy efficiency can be part of our daily lives. Here are a few simple tips and tricks for responsible gestures that can be made in the home each and every day.

For heating

Lower the thermostat by a few degrees when the house is empty for a few hours. The temperature can be increased to a comfortable

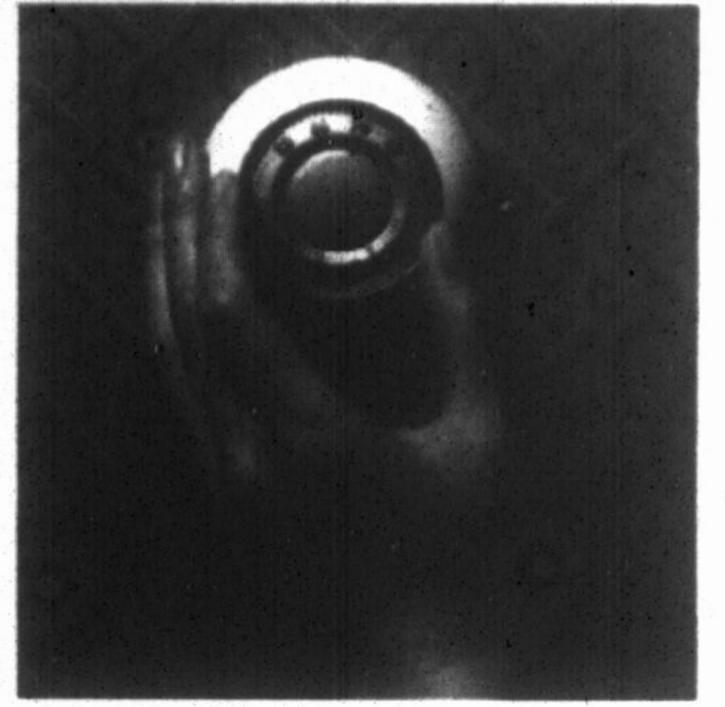
level upon your return. It's pointless to crank up the heating to the maximum, as the temperature won't increase any faster.

Install a programmable room thermostat for your heating system. It will automatically lower the temperature during the night and increase it in the morning, which will allow you to cut back 8 percent.

For lighting

Always switch off lights when you leave a room. By regularly dusting shades and bulbs, you will recover 30 percent of their luminosity.

It's surprising to realize that these small, simple gestures can quickly translate into savings and, more importantly, into a better management of our energy resources.



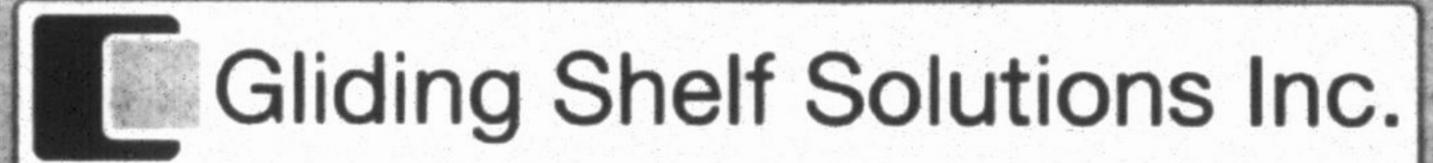
Lower your thermostat when the house is empty.

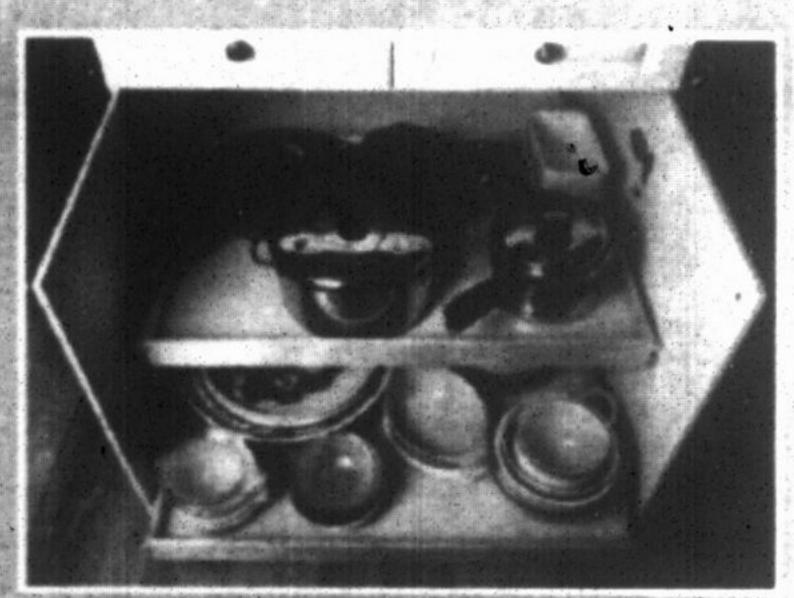
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