

Electric Heat

Being comfortable with electric heat.

Most people are looking for ways to reduce costs and improve the comfort of their homes. Here are some easy ways to control your electric heat to maximize comfort and minimize costs.

Modern, state-of-the-art thermostats are more sensitive and responsive than older models. When you avoid big swings in temperature in your home, your heating system doesn't have to work as hard to bring the heat up to your comfort level. That means the right thermostat can potentially save you 7% to 12% on your heating bill.



Types Of Thermostats

Programmable Electronic

This type of thermostat can be programmed to automatically set a temperature whenever you wish. Many models are accurate within 0.5°C of the set point. These models offer "custom comfort" according to your daily schedule. For example, program your bathroom to be heated in the morning. Or your family room to be warm when you arrive home from work.

Time-based programmable thermostats have the potential for significant savings for your heating budget – up to 30%.

Line Voltage Dual Diaphragm Thermostat

This precise, sensitive thermostat can maintain a comfort level at a lower temperature setting. That means savings for you. This type is appropriate for every room in your house.

Line Voltage Electronic Thermostat

This thermostat uses a solid-state sensing component to ensure fast response time and correction of temperature changes in your home. It is appropriate for high-use living areas.

Low Voltage Thermostats

These types of thermostats are generally used for central heating systems and provide good control.

Options	Line Voltage Dual Diaphragm	Line Voltage Electronic	Programmable
Electric Baseboards			
Cottage*	Good		
Basement*/garage	Good		
Bedrooms	Good	Better	
Bathrooms	Good	Better	
Main Bedroom		Better	Best
Main Living Areas		Better	Best

*Should have an 'off' position.

Other Temperature Tips

1. Thermostats located in uninsulated basements and garages should have an "off" position. Otherwise, the heater will stay on during the coldest days.
2. Keep the rooms in your house at close to the same temperature setting (within 2°C). This will avoid drafts and long waiting periods for the room to heat up.
3. Comfortable Thermostat Settings:
 21°C (70°F) when relaxing
 18°C (64°F) when sleeping
 16°C (61°F) when no one is home
 For every degree the thermostat is set above 21°C (70°F), energy use and cost will increase 2 – 2.5%.
4. There is a significant difference between air exchangers and heat recovery ventilators (HRV) in terms of comfort and operating costs. Air exchangers circulate cold air around your home. A heat recovery ventilator (HRV) preheats incoming fresh air, so it reduces your heating costs.
 A heat recovery ventilator that can recover 80% of the heat from outgoing air can save \$150 to \$450 in heating costs compared to an air exchanger with no heat recovery.
5. When your basement is uninsulated, heat flows through the upstairs floor to the basement. That causes cold floors, drafts and increased heating costs. The heat you lose through an uninsulated basement is the same as having an 18" hole in your basement wall.
6. A heated room next to an unheated room or garage will lose heat. Insulate between them to keep the heat in.
7. Sealing and caulking are important ways to keep comfortable and reduce costs. The basement sill plate is the largest source of air leakage in the home and should be carefully installed and sealed. Another 20% of the air leakage is through electrical outlets on exterior walls. Use foam gaskets and caulking to keep the heat in around the outlets.

For more information, call one of our Energy Advisors at 1-800-428-NSPI (6774) (428-NSPI in Metro Halifax) Weekdays 8 a.m. to 8 p.m. or Saturdays 9 a.m. to 5 p.m.

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