

# Nuclear Energy Education Resources

## Energy Efficiency and Conservation

We all use energy each day for transportation, cooking, heating and cooling, manufacturing, entertainment and many other things. The choices we make about how to use energy affects the environment and everyone's lives.

### What's the difference between efficiency and conservation?

Energy conservation and energy efficiency are related but different. **Energy conservation** means using less energy such as turning off the lights when leaving a room. **Energy efficiency** means using technology that requires less energy to perform the same function. Using a compact fluorescent light bulb that requires less energy rather than using an incandescent bulb is one example.

### Why do energy efficiency and conservation matter?

It's in everyone's interest to use energy wisely. Doing so not only helps power companies like Duke Energy keep up with demand on extremely hot and cold days but also saves you money. Using less energy is also good for the environment because less natural resources are needed.

### How can I save energy and money?

The following are a few ways you can save energy at home and at school.



- Unplug devices that use electricity even when they are turned off. To make it easy, connect multiple devices to a power strip and simply turn off the strip.
- Replace incandescent lightbulbs with energy-saving Compact fluorescent lights (CFLs). CFLs use up to 75 percent less energy and last up to 10 times longer. Make sure to turn off the lights when you leave the room too.
- Change the thermostat settings gradually. Most people can be comfortable at temperatures below 70°F in the winter and above 75°F in the summer.
- Check your insulation to keep inside temperatures consistent. Caulk around windows and weather strip doors. Close shades or draperies in the summer and open them in the winter to maximize efficiency.
- Save energy by saving water. A leaky faucet can waste up to 200 gallons per month – and the energy used to heat it. Fix leaky faucets promptly and consider water-saving appliances and fixtures.
- Rethink your computer habits. Turn off your monitor when it is not in use – it consumes over half of the energy used by a computer. Printing can be energy-intensive too so print only the pages you need.