

Computers, home office equipment, and other electronics

Make sure that computer games that prevent your computer from going to sleep are not left running while you are not using the computer. This is especially important when multiple users share computers. Streaming content with electronic equipment that has earned the ENERGY STAR rating will use 25% to 30% less energy than standard electronic equipment. When streaming content, if possible, choose the smallest device that makes sense for the number of people watching. Avoid streaming on game consoles, which use about 10 times more power than streaming through a tablet or laptop.

Set your TV to the “home” or “standard” setting, if this option is available. It will reduce the brightness of some TVs but also reduce their energy use by 15% to 30%.

Lastly, if your cable or satellite TV service provider gives you a set-top box as part of your contract, ask for an ENERGY STAR-certified model when the box needs to be replaced. These models are about 40% more efficient than conventional models.

More on home electronics

It is a good idea to turn off computers and other equipment like printers and monitors when they are not in use. Use power management settings on computers and monitors, which will send your equipment into low-power “sleep mode” mode after periods of inactivity. Avoid using screen savers as this keeps the screen active even when you are not using it.

Use advanced power strips that prevent electronics from drawing power when not being used. And unplug battery chargers and other equipment that you are not using, where practical. Many consumer electronics continue to draw power even when they are switched off. This could add an extra 10% to your monthly utility bill.
