

Saving energy through electronics

How energy efficient are your TV habits?

Among the devices used to watch TV, set-top boxes are the most prolific but there are more energy-efficient ways to watch TV. On average, a residential set-top box configuration uses approximately 75 kilowatt-hours of energy annually.

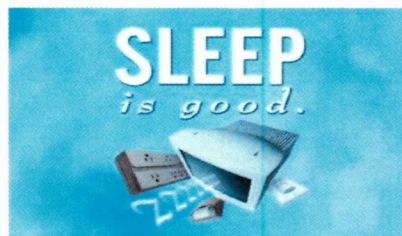
DVD or Blu-ray players are another popular way to watch movies but the energy use associated with using these devices varies dramatically. Stand-alone DVD players are typically the most efficient drawing around 10 watts of power (a little less than a standard LED light bulb) when in use. In contrast, a stand-alone Blu-ray player can draw over three times as much power and a video game console can use six times as much power. Streaming videos with your game console is the most energy-hogging option.

Finally, many people now stream video content on an internet-enabled TV or through a separate box such as an Apple TV, Roku or Google TV. Streaming is the most efficient way to watch movies or TV shows drawing as little as 5 watts of power when in use. That's half the power of a DVD player and less than one-third the power of a standard set-top box.

Want to measure your TV's energy use down to the watt? Check out a Kill A Watt monitor from your local library to measure the energy use of appliances in your home. If it's time to buy new equipment maximize your energy savings with Energy Star qualified TVs and home electronics.

No-Cost Tips

Put your computer to sleep



Screensavers do not save energy and are no longer necessary for extending screen life. Instead save energy when you're away by turning it off or enabling the power saving mode on your computer. If you're using the power saving settings (see your owner's manual for help) set the computer to go into sleep or hibernate mode after 20 minutes of no activity.

Vanquish the vampires

In a typical home household electronics use more power when they're turned off but still plugged in than when they're in use. Any device that has a clock or a remote control draws power continuously unless unplugged. To conserve this power, simply unplug them or turn off the power strip they're plugged into when they're not in use.

Unplug chargers and adapters

The power adapters that charge mobile devices such as cell phone, music players and portable game consoles continue to draw power even when you remove the fully charged device. To eliminate this

energy waste, be sure to unplug the chargers or turn off the power strip they're plugged into when you remove the device.

Tune down your TV display

Most televisions are shipped from the factory with the screen at its brightest setting which isn't needed for optimal viewing at home. To save energy and improve the picture quality dim the screen using the TV's settings (see owner's manual).

Low-Cost Tips

Use a smart strip

Instead of just a standard power strip use a smart strip to control home electronics such as media centers and computer stations. Strips are available that either turn outlets on and off on a timer, via occupancy sensors or by designating one device (such as the TV or computer) as the control device and switching off everything else when the control device is turned off.

Smart strips are available from most electronics and home improvement stores and make vanquishing the power vampires in your home easy saving you time and money.

