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| **Energy Myths**  *(collected by Jonathan Beers)* | **[See full size image](http://digestivehealthreno.com/assets/uploaded/images/all/myths.png)** |

This collection of myths is intended to spark discussion, not to be dogma.

* Keeping fluorescent lights (or computers) on is cheaper than turning them off, and makes them last longer. (Power surge myth, wearing out computer myth).
* It costs as much to catch up as is saved by setting back temperatures. (Summer version: It's better to leave your air conditioner at the same temperature all summer.) (Boiler version: don't setback boilers).
* Switching to an electric space heater (or an open hearth fireplace) saves money because the rest of the house is allowed to get colder.
* Replacing windows reduces heating bills a lot, and is cost effective.
* Fixing leaky windows and doors is the best way to save energy.
* Caulking and weatherstripping saves a lot of energy.
* In-floor radiant heat saves energy.
* In Wisconsin, "Geothermal" heating and A/C reduces pollution and saves a lot of money on natural gas bills.
* Adding new siding (especially if 1/2 inch of insulation is added behind it) reduces heating bills a lot.
* To cool (or heat) a house quickly, set the thermostat lower (or higher) than the desired temperature.
* Running the furnace fan continuously is always a good idea.
* Fluorescent lights flicker, hum, and have ugly light. Plus, they're unhealthy.
* Heat rises, so if your attic is insulated you needn't worry about wall insulation.
* Running a humidifier saves energy.
* You don't need a dehumidifier if you have central air-conditioning.
* Moisture problems are caused by houses that are too tight.
* Furnaces dry out houses.
* Houses need to breathe, so you shouldn't get them too airtight.
* Insulation makes a house tight.
* When you turn off a computer or TV or videogame system, it's not using any electricity. (Off means off.)
* Duct tape is good for sealing ducts.
* Sealing ducts in basements saves significant amounts of energy.
* Ducts need to be cleaned regularly
* Running ceiling fans in reverse in the winter saves energy.
* Leave ceiling fans running in the summer to reduce cooling costs.
* Radiant barriers in attics save energy in cold climates.
* Power factor correction devices save electricity.
* Powered attic fans save on air-conditioning and keep you cool in the summer.
* Attic vents provide fresh air to living spaces.
* Shading an air conditioner reduces cooling costs.
* A smaller air conditioner running continuously uses more energy than a larger one cycling on and off ("The larger the air conditioner, the better for cooling" myth).
* Warm water rinses get clothes cleaner.
* Soil is a good insulator, so insulating basements doesn't pay.
* Foam gaskets on electrical outlets will significantly reduce air leakage.
* Energy efficiency is the same as energy reduction.
* Cleaning fridge coils saves electricity.
* Opening the fridge door wastes a lot of electricity.
* Changing furnace filters saves a lot of energy.
* Furnace tune-ups save energy.
* Furnaces more than 20 years old are less than 70% efficient.
* If insulation is missing from a small area it doesn't matter much.
* Use clear glass, not low-E on the south side of houses in Wisconsin.