

# ENERGY MYTH BUSTERS!!



## MYTH:

If I leave my computer on without using it, the screen saver will come on and that uses almost no energy at all.

## FACT:

This is **NOT** true! The screen saver does absolutely **NOTHING** to save energy. Put your computer to “sleep” instead. Follow these steps: Start>Settings>Control Panel> Power Options> Power Schemes Tab. “Turn off” = 10 min. Your computer will come back up when you shake the mouse. Remember to turn off the computer at night to both save energy

and to ensure an error free back up on SAN server. Your computer monitor uses 60-90 watts of power when it is on whether it is being used or not. **Push the button on the monitor too!**

## MYTH:

Compact Florescent Lights (CFL’s) consume a lot of energy during startup, so they should be left on as much as possible and avoid frequent switching.

## FACT:

This was true when fluorescents first became popular (1940s), the effect of frequent switching on modern lamp life is not as detrimental. In fact, according to the Naval Civil Engineering Laboratory, the lights need to be off just one second before it compensates for that surge of starting current!



## MYTH:

The room will get cooler faster if the thermostat is set lower (50 to 60 degrees.)

## FACT:

The room will cool down just as fast if the thermostat is set on 72 degrees. If the thermostat is set too low, the unit will freeze up and will not cool at all.

## MYTH:

Another myth is leaving a ceiling fan ON will cool the room.

## FACT:

Not true. Fans cool people (feels up to 5 degrees cooler) by moving the envelope of hot air around them, but they don't cool rooms, so turn them OFF as well when a room is unoccupied.

