

OUR  
**HVAC**  
ENERGY EFFICIENCY GUIDE

**FROM**



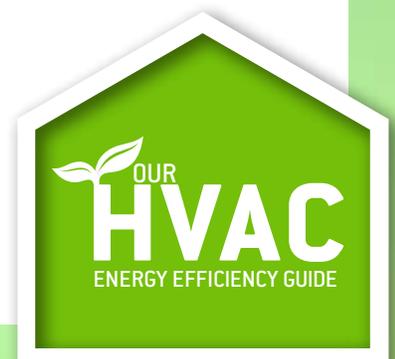
**ONE HOUR**  
**HEATING & AIR CONDITIONING**<sup>®</sup>  
*Always On Time...Or You Don't Pay A Dime!*<sup>®</sup>



Looking for ways to save energy around the house is one of the most important things a homeowner can do. You save money on your utility bills — sometimes hundreds of dollars per year — and help the environment at the same time.

**Efficiency features can increase the value of your home** and even improve your happiness in life. At One Hour Heating & Air Conditioning, we want to help our neighbors be as energy efficient as we can. So, we've pulled together this guide for reference on how you can be more efficient in your home.

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## ARE YOU TOO BUSY TO SAVE ENERGY?

Plenty of people ignore measures they could be taking to improve energy efficiency, even if they are free. Why?

One answer may be that we have too many other distractions in our lives, [according to a study](#) run by a collaboration of the University of California Berkeley, the University of Chicago and the Massachusetts Institute of Technology. The study looks at participation in the Federal Weatherization Assistance Program (WAP), in which the government provides an average of \$5,000 in efficiency upgrades to low-income families. The program is free to participants, and slashes their utility bills, freeing up money they can spend on other things. There's no apparent downside.

But in the study, only 2 percent of control group families bothered to apply to the program, and only 15 percent of households applied even after they were heavily encouraged by the researchers. The study's conclusion: There are other non-monetary costs at play. To take advantage of WAP, families have to spend time filling out paperwork, communicating with contractors and dealing with construction on their home. That's all while working, commuting, cooking and confronting other family issues.

## COME OUT AHEAD

The same principle could apply to any homeowner considering efficiency measures, with or without government assistance. A family might understand the benefits of using solar panels, for example, but just not have the time or mental energy to deal with the task of researching them, contacting a vendor and going through with the installation.

In effect, the process is too daunting for some. Even with the promise of future savings, to act proactively can be too much effort. However, homeowners who do take the time to improve their efficiency are the ones who come out ahead in the end.

## FIND THE TIME FOR UPGRADES

### ONE-TIME FIXES TO IMPROVE YOUR EFFICIENCY:

-  Make sure your insulation is up to par and you seal any leaks or cracks to keep your heat and air conditioning inside.
-  Purchase Energy Star compliant appliances for maximum efficiency.
-  Install a smart thermostat to keep your heating bills down.
-  [Upgrade your light bulbs](#) to the latest, energy-saving versions.
-  [Have solar panels installed](#) on your roof to capture the energy of the sun.

### GOOD RECURRING HABITS THAT WILL SAVE YOU MONEY:

-  Turn the lights out when you leave a room.
-  Unplug your electronics when they aren't in use to avoid energy vampires.
-  Make sure you use the energy-saving settings on your appliances.
-  Schedule regular maintenance on your heating and cooling systems to keep them running at peak efficiency.

For a more comprehensive set of ideas, call a professional to give your home an energy audit and point out even more places you can upgrade your efficiency.

[Contact](#) your local One Hour Heating & Air Conditioning® to schedule maintenance of your heating and cooling system, and for more ways to conserve energy in your home.

# SAVE MONEY YEAR ROUND

Whether you're enjoying the summer outdoors, or cooped in the house during winter, you can save money on your utility bills year-round.

## WARM MONTHS



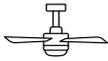
**Clean your air filters regularly** – You can lower your energy use 5-15% by replacing dirty or clogged filters.



**Be sure to schedule maintenance on your air conditioner** – Regular maintenance will help identify the smaller problems before they become big ones. It can also help ensure that your system is running as efficiently as possible.



**Consider a programmable thermostat** – These modern thermostats have the ability to help you save money on your electric bill and conserve energy.



**Use ceiling fans** – The ceiling fans in your home will help cool you off and reduce the amount you use your A/C.



**Seal your ducts** – Leaking ducts can account for about 30% of your AC system's energy use.

## COLD MONTHS



**Lower the thermostat** – According to the Department of Energy, you can save around 10% per year by lowering your thermostat 10 to 15 degrees for eight hours per day.



**Clean your air vents** – Clean your air vents routinely to remove dust and other debris for unobstructed air flow.



**Dress for success** – Get cozy in sweaters and warm pajamas.



**Use your fan** – Flip the directional switch so that your fan blades turn clockwise and run the fans on low speed in occupied rooms to circulate the warm air.



**Get Smart** – Smart thermostats allow you to customize a heating schedule around your routine from anywhere with a user-friendly smartphone app.



**Take advantage of free heat** – Open the curtains and blinds on sun-facing windows to let those warming rays right into the room.

And don't forget, your heating system and air conditioning should be tuned up every year, ideally before the heating and cooling seasons start. If you're overdue for this essential maintenance, schedule your tune-up without delay. A thorough tune-up includes several checks and adjustments that can make your heating system run more efficiently, and often makes it possible to catch and repair small problems before they can turn into expensive ordeals.

Contact One Hour Heating & Air Conditioning today to [request an appointment](#).

## GREEN HOMES SELL FASTER - AND AT HIGHER PRICES

Thinking about selling your house? One aspect to consider before putting it on the market is what kind of energy-efficiency features you have to showcase. If you can demonstrate to potential buyers that your home is equipped to save energy and keep utility bills to a minimum, you can sell it for a lot more money -- and faster, to boot.

### DECISION INFLUENCERS

As many as 90 percent of people shopping for a new home consider efficiency “[very important](#),” according to the National Association of Homebuilders. A survey put out by the association found that efficiency features would influence the decision of 72 percent of buyers, and 61 percent would be willing to pay \$5,000 more for a house if it meant lower utility bills.

The news gets even better: According to another study, green-certified houses in California [sell for \\$34,800](#) more than their equivalent non-green counterparts. Similar studies from Seattle, Wash., and Portland, Ore., found that greenhouses sold at a premium of 8.5 percent and 12 percent, respectively. Furthermore, the study in Seattle also found that green homes sold 22 percent faster. So not only can you make more money, efficiency upgrades could make your house so attractive that it jumps to the front of the line for prospective buyers.

**GREEN-CERTIFIED  
HOUSES IN CA SELL FOR  
\$34,800  
MORE**

Make sure that your real estate agent is aware of all the work you put in to “green up” your house, and that it’s highlighted in the sales listing. Keep copies of your utility bills to show to buyers and let them be amazed at how low you’re able to keep your monthly costs.

### HOW CAN I INCREASE MY EFFICIENCY?

Before it’s time to sell, there are a whole host of ways to [increase the energy efficiency](#) of your home:



Start with simple steps like sealing any drafty areas and making sure your insulation is up to par.



People often sell their appliances together with the house, so when it’s time to upgrade, purchase models that are Energy-Star certified to meet strict efficiency standards.



Use energy-efficient light bulbs like compact fluorescents or LEDs to illuminate your home on the cheap.



Upgrade your windows to double or even triple-pane models to keep the heat in and the cold out (and vice versa in the summertime).



Look for an instant or tankless water heater, and make sure your faucets are all low-flow so you keep the water bill down as well.



Install a smart thermostat to automatically find efficiencies and garner savings from your heating and cooling bill.



Solar panels on the roof can reduce your electricity costs dramatically.

You should also consider hiring a qualified professional to conduct an energy audit and help you find other ways to cut down on your utility spending. The best part is, even if you aren’t planning on selling your house any time soon, you still get to enjoy the savings yourself every month.

To find out more about One Hour Heating & Air Conditioning Corporate or find the team of HVAC professionals closest to you, [contact us today](#).

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## BUYING A BIGGER HOME MAY NOT MEAN BIGGER ENERGY BILLS

Do you need more space for a growing family? One of the tradeoffs to buying a larger home is having to pay more in utility costs for heating, cooling, and other appliance use. However, advances in energy efficiency mean that you can offset some of that increased consumption. That means you save money and worry less about your energy use, even if you just bought the mansion you always dreamed of.

### BIGGER HOUSES AND BIGGER HOUSEHOLDS

We like our homes bigger. The average American home size has grown 20 percent since 1980, and we've been filling those homes with ever more electricity-dependent devices, like televisions, computers and household appliances. Fortunately, over 70 percent of the growth in household and building size has been offset by efficiency improvements, according to the Energy Information Administration.

 **37%**  
OF CONSUMPTION  
PER SQUARE  
FOOT BETWEEN  
1980 & 2009

Total energy use by U.S. households inched up each year between 1980 and 2009, the EIA Residential Energy Consumption Survey reports. That is because of various reasons, including more households, larger households and a trend toward bigger houses. However, consumption per square foot actually dropped by 37 percent during that time period -- and if it hadn't, the total increase would have been considerably higher.

Residential energy accounted for 21 percent of total U.S. consumption in 2012 so the cumulative savings are significant. The numbers are astronomical -- residential usage increased from 9.3 quadrillion BTUs [British thermal units] in 1980 to 10.2 quadrillion by 2012 -- and without additional efficiency measures, the total would have increased by another 3.6 quadrillion BTUs.

### MULTIFACETED EFFICIENCY EFFORTS

There are numerous factors driving the efficiency revolution: Stricter consumer appliance standards, local building codes geared toward efficiency and federal tax credits, in addition to awareness outreach programs and labeling efforts like the federal Energy Star program have all contributed to the reduction in consumption per square foot.

If you want to save the most energy, smaller is always better when it comes to houses. There's less space to heat and less to cool. However, if you need the extra space, take heart knowing that technological and behavioral improvements mean that a large house doesn't gobble up nearly as much energy as you might expect.

**SAVE  
MORE  
ENERGY WITH  
A SMALLER  
HOUSE**

For more ideas on how to decrease your consumption, ask a home services expert to evaluate your home. He or she can help you find new ways to save no matter the size of your home.

[Contact your local One Hour Heating & Air Conditioning](#) for more energy efficiency tips and advice. We're always here to help!

# GET TO KNOW ONE HOUR

For decades, One Hour Heating & Air Conditioning has been providing quality and reliable HVAC services to homeowners across the country. We are the premier HVAC service provider in the United States for a simple reason: we actually care about your comfort

We take great pride in the One Hour Heating & Air Conditioning difference, which keeps our customers satisfied, happy, and comfortable in their homes.

When it's time to choose an HVAC company to work with, we want you to know what sets One Hour apart from the competition.

## WE'RE LOCAL



We have One Hour locations throughout the United States, so you're sure to have a One Hour expert right in your neighborhood! Our offices are independently owned and operated, so you'll be supporting a local business paired with the high-quality work from a national brand.

## UWIN® GUARANTEE



UWIN® is a consumer service resource that backs our 100% satisfaction guarantee by providing accountability for our offices. If you ever have an issue that isn't being solved locally, you can file a claim with UWIN to ensure resolution.

## OUR TECHNICIANS

Every One Hour location employs skilled, friendly, and courteous HVAC professionals. Our employees go through extensive background checks and random drug testing, where permitted by law. We also offer a variety of continued professional learning opportunities for our technicians.



## ON-TIME GUARANTEES



We're "Always On Time... Or You Don't Pay A Dime!" That's right, if our service professional is just one minute behind, the service is on us. This on-time guarantee is one of the best in the U.S.

## OUR CODE OF ETHICS

Every One Hour follows our Code of Ethics closely to ensure we are bringing our customers the professional services they need. The core values of our Code of Ethics are:

Integrity • Respect for the Law • Excellence • Safety & Reputation • Teamwork  
Service • Respect for Others • Privacy • Competition

SO WHAT ARE YOU WAITING FOR? One Hour Heating & Air Conditioning is here for you for your HVAC needs! 855-ONE-HOUR | [OneHourHeatAndAir.com](http://OneHourHeatAndAir.com)

