Heating and Cooling

1. **Thermostat Management:**
    - Lower the thermostat temperature by 1 degree. This can already save up to 6% on your heating costs.
    - Use a programmable thermostat to lower the heating when you're not home or at night.
2. **Insulation:**
    - Ensure proper insulation of walls, floors, and the roof. Insulation prevents heat loss in the winter and keeps your house cooler in the summer.
    - Insulate your attic to prevent heat from escaping through the roof.
    - Use draft strips and brushes to seal gaps around windows and doors.
3. **Windows and Doors:**
    - Install double or HR++ glass for better insulation.
    - Use thick curtains in the winter to keep heat inside. Ensure they're closed at night and open during the day for maximum solar warmth.
4. **Sunshading:**
    - Use blinds or sunshades to keep the sun's heat out in the summer.

Lighting

5. **LED Lighting:**

- Replace incandescent and halogen bulbs with LED lighting, which is much more energy-efficient and lasts longer.

6. **Daylight:**
    - Make the most of natural daylight and keep lights off in areas where it's not needed.
7. **Dimmer Switches:**
    - Install dimmers to adjust lamp brightness according to needs. This can help save energy.
8. **Timers and Motion Sensors:**
    - Use timers and motion sensors for lighting in hallways and outdoor spaces.

Electrical Appliances

9. **Energy-Efficient Appliances:**
    - Replace old appliances with energy-efficient models with an A+++ rating.
10. **Stand-by Mode:**
    - Avoid stand-by mode and switch appliances off completely when not in use to prevent phantom energy use.
11. **Refrigerator and Freezer:**
    - Don't set your refrigerator and freezer colder than necessary (refrigerator: 4°C, freezer: -18°C).
    - Ensure door seals are tight.
12. **Laundry:**

- Wash clothes with cold water and wait until you have a full load before washing.
- Use a drying rack instead of a dryer when possible.

Water Heating

13. **Boiler Temperature Setting:**
    - Set your boiler temperature to 60°C.
    - Consider installing a solar boiler or heat pump to heat your water.
14. **Water-Saving Showerhead:**
    - Install a water-saving showerhead to reduce water consumption during showers.

Energy Generation

15. **Solar Panels:**
    - Consider installing solar panels to generate your own energy and reduce your reliance on the power grid.
16. **Wind Energy:**
    - If the location allows, a small wind turbine can be an option for energy generation.

Awareness and Behavior

17. **Education:**
    - Educate household members about energy savings to encourage more aware consumption behavior.
18. **Energy Monitoring:**

- Track your energy consumption with an energy meter to understand which applications consume the most.

Advanced Heating and Cooling Solutions

19. **Heat Pump Upgrades:**
    - Consider an advanced heat pump that can both heat and cool, especially as a replacement for traditional systems.
20. **Solar Thermal Systems:**
    - Integrate a solar thermal system that actively uses solar energy for both heating and cooling.
21. **Underfloor Heating:**
    - Install underfloor heating; this offers efficient heat distribution and can be integrated with low-temperature heating systems such as heat pumps.

Efficiency in Ventilation

22. **Heat Recovery Ventilation (HRV):**
    - Implement a heat recovery system to retain and reuse heat from exhausted air in incoming fresh air.
23. **Natural Ventilation:**
    - Optimize natural ventilation by strategically placing ventilation grills to maximize airflow without using energy.

Smart Technologies

24. **Smart Thermostats and Devices:**
    - Use smart devices and thermostats that learn from your habits and automatically adjust to save energy.

25. **Home Automation:**
    - Integrate home automation systems to optimize energy use of lighting, appliances, and heating based on presence and behavior.

Energy Infrastructure Upgrades

26. **Smart Energy Storage:**
    - Invest in home battery systems that can store excess energy from solar panels for use during peak hours or outages.
27. **DC Projects:**
    - Consider direct current projects that use DC internally, such as DC lighting and appliances, minimizing conversion losses.

Sustainable Energy Solutions

28. **Hydrogen Technology:**
    - Explore the possibilities of hydrogen storage and usage at home, especially in combination with solar panels for local hydrogen production.
29. **Geothermal Energy:**
    - Use geothermal systems to take advantage of constant ground temperatures for more efficient heating and cooling.

Ecological and Health Benefits

30. **Green Roofs and Facades:**
    - Install green roofs or facade planting to improve insulation and regulate local microclimates.
31. **Indoor Climate Control:**

- Use air purification systems and humidity regulators to maintain a healthy indoor climate without unnecessary energy use.