

## Energy conservation and efficiency saves resources, money

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ACCORDING to experts, energy conservation and efficiency have nothing to do with generating electricity and the first step to utilizing these technologies is to commit, individually and collectively, to making a coherent and lasting reduction in the consumption of energy. Let's define energy conservation and energy efficiency and know how we can save resources and money through the following examples from various studies.



### Energy conservation

The term energy conservation means using less or cutting back on use. In other words, avoiding excessive use of waste or waste. These are conscious, simple ways behavioral changes like turning down thermostats especially when not at home; turning off or unplugging appliances when they're not in use or driving a car few less miles every week. It is also turning off the light when you leave the room and walking instead of driving. These practices can conserve substantial energy and save money. In all these examples, the amount of energy used is reduced by either cutting down on comfort level or doing without or with less.

The goal with energy conservation techniques is to reduce demand, protect and replenish supplies, develop and use alternative energy sources, and to clean up the damage from the prior energy processes.

### Other examples of energy conservation

Here are the ten most common ways to conserve energy and save electricity in your home, listed from the simplest to the most intensive methods.

To reduce energy consumption in your home, you do not necessarily need to go out and purchase energy efficient products. Energy conservation can be as simple as turning off lights or appliances when you do not need them. You can also use energy-intensive appliances less by performing household tasks manually, such as hang-drying your clothes instead of putting them in the dryer, or washing dishes by hand. The behavior adjustments that have the highest potential for utility savings are using air conditioner less in summer.