3 Easy Ways to Increase the Efficiency and Life of Your Home's Heating and Cooling System

Heating and cooling expenses account for about half of your monthly energy bills and purchasing and installing a new system could require an investment of thousands of dollars.

Consequently, it is in your best interests to develop heating and cooling habits that reduce wear and tear on your HVAC equipment while limiting its energy consumption to the bare minimum—but *without* sacrificing on comfort.

That's a tall order, but if you follow these tips you just might be able to pull it off:

1. Arrange an annual maintenance visit with your HVAC contractor

Well-maintained HVAC equipment will last longer and perform better, and when repairs are needed, they will be less costly if problems are detected in their early stages.

2. Change your air filters on a regular schedule

Because they are hidden behind air intake grills or inside the furnace, most people have no idea how dirty their HVAC air filters can get after a few months of usage. To guarantee smooth and steady air flow through your ductwork, and high-efficiency performance by your furnace or air conditioner, you should install new filters shortly before the start of each heating and cooling season.
But don't make the mistake of installing cheap fiberglass filters. You should purchase good-quality pleated air filters instead, they will last longer and do a superior job of removing airborne contaminants from your home.

3. Properly program your Thermostat

Are you gone everyday during a specific time period? Do you set the temperature lower at night when you sleep? Setting up a schedule that is appropriate to your lifestyle will save wear and tear on your system. Just remember, you don't want to set your temperature too low when you are away from home or you will overwork your system trying to get it back to a comfortable level. If you travel a lot, you might want to consider a smart thermostat so that you can monitor your home and turn your thermostat back up before you come home.