

The benefits of

Energy Saving Light Bulbs

Depending on how long your lights are in use every day, just one energy saving light bulb could save you on average around £2.50 a year, and around £6 for brighter bulbs or those used for more hours a day.

And because it will last around 10 times longer than a standard bulb, it could save you around £45 before it needs replacing.

Fit all the lights in your house with energy saving bulbs and you could save around £45 a year and £390 over the lifetime of all of the bulbs.

These savings take into account the higher cost of energy saving light bulbs. Light bulbs start from £1 - £2, so you'll usually recoup the extra outlay within a year.

Energy saving light bulbs use between a fifth and a quarter of the electricity of ordinary bulbs to generate the same amount of light. So where you'd normally use a 60W bulb, you'll only need an 11-14W energy saving trust recommended equivalent.



Energy saving light bulbs have always been a bright idea - for your pocket and the environment. They use up to 80 per cent less electricity than a standard bulb, but produce the same amount of light.

In other words, they can help you to save both energy and money!

Technology's moved on a lot since energy saving light bulbs were first invented, and so has the way they look. In fact, whatever types of bulbs you use to light your home, there are sure to be stylish energy saving equivalents.

When you're shopping for energy saving lightbulbs, look for the Energy Saving Trust Recommended logo. It's the quick and easy way to spot the most energy efficient products on the market.



Help and advice

Call your local Energy Saving Trust Advice Centre on Tel: 0800 512 012 for free, impartial advice on making your home more energy efficient.

