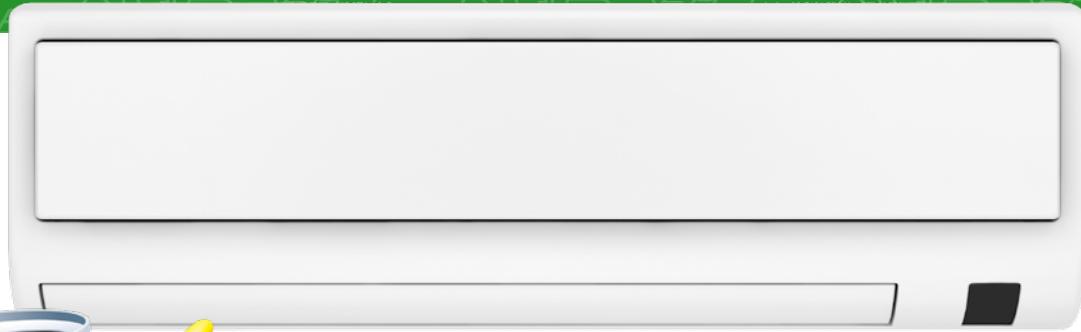# Green Bedroom

Everyone has the ability to adopt sustainable practices in their own bedroom. From using energy efficiently to the proper disposal of waste, there are numerous things everyone can do to reduce their carbon footprint.

What you can do

- Use natural lighting whenever possible and if using lighting, switch off lights when you are leaving your room for more than 30 minutes.

- Open windows instead of turning on fans or air conditioning. If air conditioning is necessary, set the temperature to 24°C.

- Turn off computer monitor, hard drive, printers, and small appliances when leaving your room and overnight. Turn off air conditioners or heaters when leaving your room.

- Wear a jumper rather than turning on the heater and add a blanket rather than using an electric blanket in cold weather.

- Close curtains/blinds on really hot days to keep room cool.

- Purchase energy efficient appliances and electrical equipment.

- Set up your computer so that the power saver mode is on.

- Unplug chargers when not in use.

- Use communal fridges rather than having private fridges in rooms.

- Recycle glass, plastic, and aluminium cans, as well as paper and cardboard.

- Reuse scrap paper for notes.

- Purchase environmentally preferred stationery such as refillable pens and recycled folders.

Why this is important

- Reducing energy use will result in decreased greenhouse gas emissions and lower energy costs.

- When setting air conditioning temperature, every degree above 21°C in winter and below 24°C in summer adds around 10% to your energy consumption.

- Adopting good recycling habits reduces the amount of waste that goes to landfill and the associated harmful emissions from landfill sites.

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