Turn off heating for an extra hour a day

In partnership with Hubbub, we have compiled this methodology to substantiate the potential savings that the average household could achieve when adopting the following behaviours at home.

GB: *Keep things cosy to cut your bills. Thick curtains, blinds, rugs and throws keep you warmer so you can turn your heating off for an extra hour a day, saving an average £79 a year!*

NI: *Keep things cosy to cut your bills. Thick curtains, blinds, rugs and throws keep you warmer so you can turn your heating off for an extra hour a day, saving an average £101 a year!*

IE: *Keep things cosy to cut your bills. Thick curtains, blinds, rugs and throws keep you warmer so you can turn your heating off for an extra hour a day, saving an average €127 a year!*

Whether you live in a studio flat or Buckingham Palace, your energy use and bill is likely to differ! With so many variables and contributing factors to consider, there is no one-size fits-all when it comes to savings. We have worked with a combination of reliable sources, official statistics, averages and assumptions to give IKEA customers an idea of the potential savings from an 'average household.' Assumptions cover the size of house, tariff, and region, as well as habits and behaviours. We've positioned the savings as 'around' or 'an average', as the data is based on estimates and averages so should be used as a guide. Actual savings could be higher or lower.

Cost Savings

59.1 kWh of gas used per day to heat the average home if heating for 5 months of the year (8,988 kWh / 152 days = 59.13 kWh). Assuming heating for 8 hours per day, the average home uses around 7.39 kWh per hour to heat their home (59.13 kWh / 8 hours = 7.39 kWh).

Calculation (GB):
• Cost per kWh of gas **= £0.0699** (from April 25, Ofgem)
• Cost of heating home for one hour = £0.516 (£0.0699 x 7.39 kWh)
• Total hours of heating saved by reducing by one hour a day = 152 days (1 hour per day)

- Therefore, turning off your heating for one extra hour a day could save the average home £79 per year (£0.516 x 152 days = £78.51)

Calculation (NI):
• Cost per kWh of gas = **£0.0899** (from March 25, Utility Regulator: dividing the example NI kWh consumption by cost (12,000kWh / £1,079 = £0.0899)
• Cost of heating home for one hour = £0.67 (£0.090 x 7.39 kWh)

• Total hours of heating saved by reducing by one hour a day = 152 days (1 hour per day)

• Therefore, turning off your heating for one extra hour a day could save the average home £101 per year (£0.665 x 152 days = £101.09)

Calculation IE
• Cost per kWh of gas = €0.1134 (from March 25, Eurostat)
• Cost of heating home for one hour = £0.838 (£0.1134 x 7.39 kWh)
• Total hours of heating saved by reducing by one hour a day = 152 days (1 hour per day) • Therefore, turning off your heating for one extra hour a day could save the average home €127 per year (£0.67 x 152 days = £127.376)

Assumptions	Source
The average UK home uses 8,988 kWh of gas per year on heating (2–3-person gas heated home)	ONS: Census 2021 How Homes are Heated in Your Area
Assuming heating is on 152 days per year (5 months from late October to late March)	GOV.UK: Energy consumption in the UK 2024
GB cost per kWh of gas = **£0.0699**	Ofgem: Energy Price Cap
NI cost per kWh of gas = **£0.0899** (dividing the example NI kWh consumption by cost (12,000kWh / £1,079 = £0.0899)	NI: Utility Regulator concludes review of regulated gas tariffs
IE cost per kWh of gas = **€0.1134**	Eurostat: Natural gas prices for household consumers
The Energy Saving Trust recommends heating your home to between 18°C to 21°C during winter.	Energy Saving Trust 2024: The most economical ways to use your central heating
The World Health Organisation suggests 18°C is the ideal temperature for healthy and well-dressed people. Both agree this is also the ideal temperature for sleeping.	World Health Organisation: https://iris.who.int/bitstream/handle/10665/275839/WHO-CED-PHE-18.03-eng.pdf

CO$_2$/ CO$_2$e savings

All environmental are illustrative as of May 2025, using www.calculator.carbonfootprint.com

GB and NI

Turn your heating off for an extra hour a day to save an average household ==224kg CO_2e== *per year*

IE

Turn your heating off for an extra ==hour could save an average household== *229kg CO_2e per year*

Calculation	Source	Environmental Saving
GB and NI: Total energy saved by using one less hour of heating a day = 7.39 kWh • 7.39 kWh x 152 days = 1,123.28 kWh • 1,==123.3 kWh x 0.20kg CO_2e = 224.66== CO_2e	==0.20kg== CO_2e is converted from emissions associated with natural gas (using net calorific value): Greenhouse gas reporting: conversion factors 2024	==Like flying from London to Porto, Portugal on an economy class ticket one way (this is illustrative)==
IE: • Total energy saved by using one less hour of heating a day = 7.39kWh • 7.39 kWh x 152 days = 1,123.28 kWh • 1,123.5 kWh x 0.204kg CO_2e = 229.19 CO_2e	0.204g CO_2e is converted from emissions associated with natural gas (using net calorific value): Conversion Factors SEAI Conversion Factors	==Like flying from Dublin to Stockholm on an economy class ticket one way (this is illustrative)==