

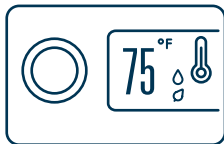
Time of Day summer checklist

Here's how you can save with Time of Day.*

Start at the top of this list and work your way down. All the things you do to shift and reduce your energy use add up fast! Don't forget to ask everyone at home to join in.

1. AIR CONDITIONING, FANS AND BLINDS

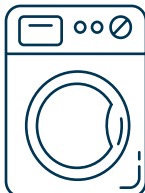
Find the right balance of keeping your home comfortable while reducing your use of energy from 5-9 p.m. weekdays.



- Close blinds or curtains in the morning to help block the sun from heating your home.
- Turn your thermostat up a few degrees* during on-peak hours or consider turning window A/C units off.
- Use fans to circulate air. It helps you feel cooler!
- Limit your use of vent fans in the bathroom and kitchen to keep cooler air inside.

2. APPLIANCES

Washing machines, dryers and dishwashers all use a lot of energy. Try shifting your use to different times of the day.



- Plan to wash and dry your laundry before 5 p.m. or after 9 p.m. on weekdays.
- Wait to do your dinner dishes until later in the evening.
- Hold off on taking a hot shower or bath until after 9 p.m.

3. OVEN AND STOVE

Not only does your oven use energy, but it also heats up your home on a hot day. Check out these alternatives.



- Pre-cook dinner early in the day and microwave it at dinner time.
- Celebrate the taste of summer by grilling outdoors.
- Use a slow cooker, pressure cooker or air fryer to make a healthy, hot meal.

4. ELECTRONICS

TVs, gaming consoles, cable boxes, DVD players, computers and phone chargers all use energy, even when you're not using them.



- Plan ahead by charging your cellphones, tablets and laptops before 5 p.m. weekdays. Unplug them until after 9 p.m.
- Unplug any entertainment electronics you won't be using during on-peak hours, like gaming consoles or DVD players.

WANT TO LEARN MORE?

Find other savings tips and learn more about Time of Day at <http://portlandgeneral.com/timeofday>

* Exercise discretion and consider health impacts when reducing energy use. Estimated savings are based your past 12 months of use and are not a guarantee of future savings.