

Time of Day winter checklist

Simply shift energy use away from 5-9 p.m. on weekdays to save with Time of Day.¹

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. Heating

- ☐ If you have electric heat, program your smart thermostat to reduce heating from 5-9 p.m. on weekdays. If you don't have a smart thermostat, turn your thermostat down a few degrees during on-peak hours.
- ☐ Find the right balance of keeping your home comfortable while reducing your energy use from 5-9 p.m., Monday through Friday.
- ☐ Limit your use of vent fans in the bathroom and kitchen to keep warmer air inside.



2. Appliances

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

- ☐ Washing machines, dryers and dishwashers all use a lot of energy. Try shifting your use away from 5-9 p.m. on weekdays.
- ☐ Plan to wash and dry your laundry on weekends or before 5 p.m. or after 9 p.m., Monday through Friday.
- ☐ Do your dishes outside the 5-9 p.m. weekday peak hours.
- ☐ Take baths or showers outside the 5-9 p.m. weekday peak hours.



3. Oven and stove

Try creative alternatives to using your oven or stove during on-peak hours if possible.²

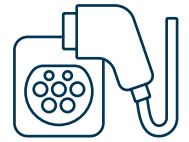
- ☐ Use a slow cooker, pressure cooker or air fryer to make a hot meal.
- ☐ Weekends are the lowest prices all day — cook to your heart's content!



5. Electric vehicles (EVs)

Do you have an EV? If you're not already enrolled in PGE's EV Smart Charging program, try charging your EV before 5 p.m. or after 9 p.m., Monday through Friday. Or charge anytime on weekends.

- ☐ Get ready by ensuring your car has enough charge before 5 p.m. on weekdays.
- ☐ If you normally charge your EV during the on-peak hours of 5-9 p.m. on weekdays, delay charging until after 9 p.m., Monday through Friday.



4. Electronics

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

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



Can you make the shift?

Scan the QR code or go to portlandgeneral.com/todstart to explore your personalized rate analysis tools to see if Time of Day is right for you.



¹ Exercise discretion and consider health impacts when reducing energy use.

² This tip applies primarily to electric ovens and stoves. Gas appliances may have less impact on household electricity use.