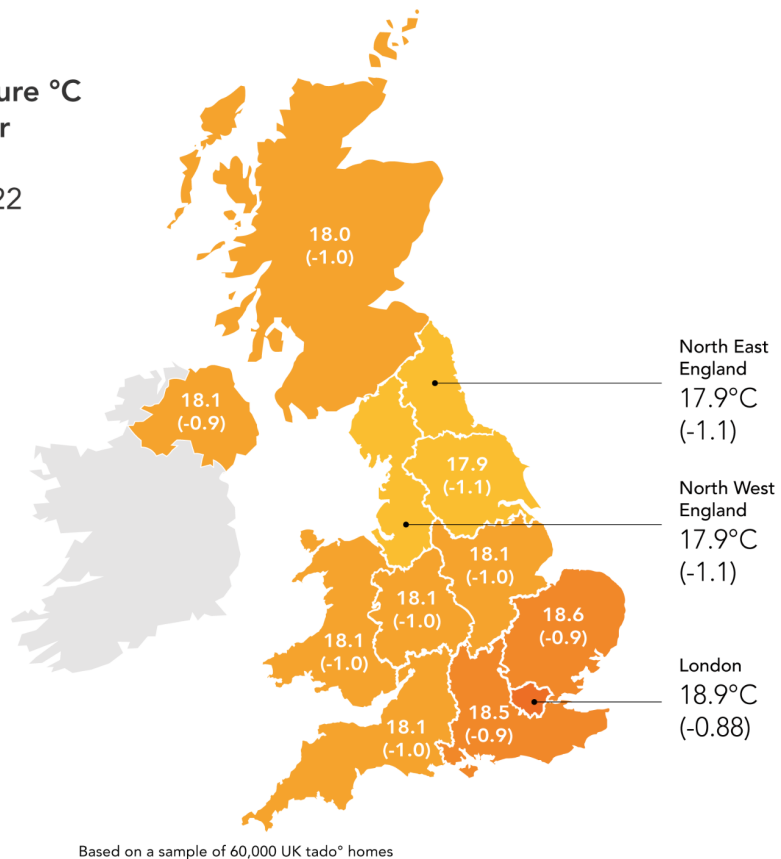


80% of UK Homes Actively Lowered the Thermostat This Winter to Reduce Energy Consumption

London homes were measured the warmest at 18.9°C, whereas Yorkshire homes were coldest at 17.9°C, both a drop in 1°C from 2021, as the country struggled to afford heating to its usual comfort level across November and December 2022

tado°

Average indoor temperature °C
(Difference to 2021 indoor
temperature °C)
November - December 2022



London, 18.01.2023 - As the cost of energy rises throughout Europe and gas supply is under close watch, new data from tado°, the European market leader for intelligent climate management has found that 79.6% of households in the UK turned down their thermostats to lower temperatures, during the months of November and December 2022 when compared to the previous year.

This is according to data polled in November and December 2022, which also found that despite the warmer winter, homes on average were 1°C colder indoors when compared to the previous year across the UK. To aid national efforts in the energy crisis and in order to maintain gas storage supplies, lowering the thermostat has been advised by Governments across the continent like in UK, Germany, France and Spain to help manage the supply constraints of the

natural gas market. In the UK, the government was late to arrive with its energy-efficiency recommendations, having only just rolled out its gas saving initiative in late December.

It was homes in London that had higher indoor temperatures, despite the decrease on thermostats, sitting at an average 18.9°C in 2022, compared to 19.8°C in 2021. Those in the North East dropped the temperature the most, averaging a 1.1°C reduction measured in the home. Those in the East of England lowered their thermostats the least, reducing by just 0.8°C. Yorkshire houses were measured to be the coldest on average across the UK, sitting at 17.9°C, a full 1°C colder than those living in the capital.

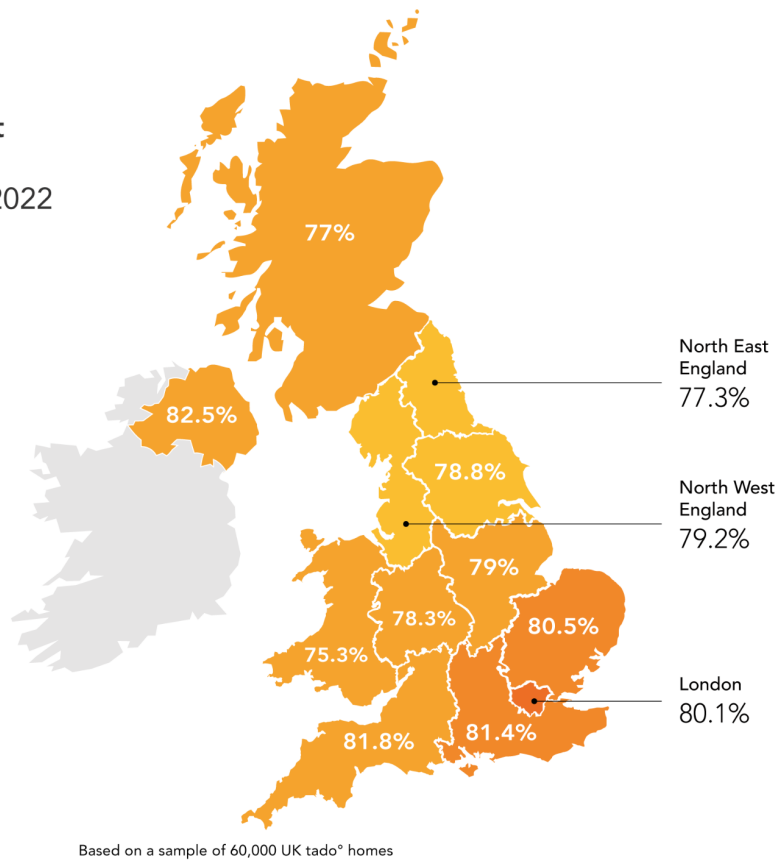
In the UK, the government has been conducting a public awareness campaign, calling for Brits to lower their thermostat in solidarity not only to help manage with the high cost of energy, but also for energy security in the country. Secretary of State for Business, Energy and Industrial Strategy, Grant Shapps recently began his energy-efficiency campaign in the UK in late December, later than most governments in Europe, but this data shows that UK homes were already feeling the squeeze beforehand.

tado° found that in Wales less people lowered their thermostat than other regions, though still a high majority of Welsh homes lowered the thermostat at 75% of households taking action. Homes in Northern Ireland were more aware of the cost, with 82% of households lowering their temperatures. The average across the whole of the UK was 79.6% of households turning down the thermostat.

tado°

**Percentage of Homes
which lowered thermostat
temperatures**

Nov/Dec 2021 - Nov/Dec 2022



The cost of energy has impacted the UK significantly, with many homes struggling to afford heating in the home, and the UK known for having the worst insulation in Europe, also [revealed in findings by tado°](#). An analysis by [Carbon Brief](#) in 2022 that found David Cameron's pledge to 'Cut the Green Crap' led to a decrease in insulation being implemented into homes during his tenure as Prime Minister, adding £2.5 billion to UK energy bills.

With heating and hot water accounting for 79% of a home's energy consumption, high gas prices here to stay for the immediate future¹. The UK needs to focus on an effective energy policy that can decarbonise the sector, not just for the sake of lower energy bills, but also for the environment.

¹ Renewable space heating under the revised Renewable Energy Directive, European Commission, August 2021 ([source](#))