

Every
kWh
counts

Today's actions impact the situation of tomorrow.

Every counts

Every kilowatt-hour counts

The current energy situation in Sweden and the rest of Europe is severe. Electricity prices are high and could rise even further. There is also a risk of electricity shortage at certain hours this winter. Joint efforts to reduce our electricity consumption can improve the situation. Here you get information about why we need to reduce electricity use and how you can contribute.

Why should we use less electricity?

The war in Ukraine has had consequences on the Swedish electricity supply. It has resulted in high electricity prices and fewer opportunities for electricity import when needed. To improve the situation, we all need to contribute to reducing our electricity consumption. Listed below are three reasons why:

To reduce the cost of electricity

The high electricity prices are challenging for most people. By reducing your electricity consumption, you can reduce your expenses and thus save money. Reduced electricity demand can also positively impact the price in general. When the electricity demand decreases, so do the electricity prices.

To reduce the risk of electricity shortages during winter

When we consume less electricity or move consumption to times when the overall demand is lower, we reduce the strain on the power grid and thereby lower the risk of a power outage caused by an imbalance between supply and demand. We must act now to ensure the best conditions for winter when the situation might become more strained.

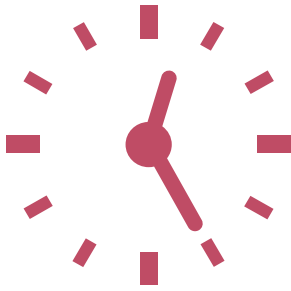
To show solidarity

Reducing our electricity consumption will not only contribute to better circumstances for all people in Sweden but for our neighbouring countries as well. Sweden contributes to reducing fossil fuel-based energy demand in the continent by exporting clean electricity based on fossil-free generation.

This is what you can do

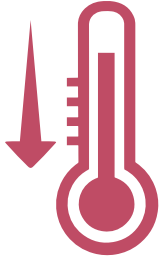
We all need to contribute to reducing our collective electricity consumption, and today's actions can impact the situation of tomorrow. Even the slightest adjustment can make a significant impact if we all contribute. Every kilowatt-hour counts.

What you do at home and how you contribute at work make just as much of a difference. The recommendations are simple but effective.



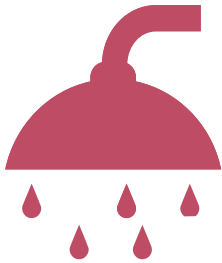
Time your electricity consumption wisely

Do the laundry, wash the dishes and charge the electric vehicle when electricity consumption from industry, public activities and households is at its lowest. This is typically in the middle of the day, at night and at weekends. This is one of the most important measures you can take to minimize the strain on the power grid. However, always consider fire safety.



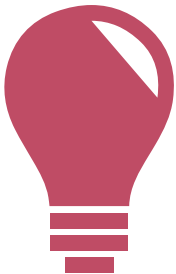
Turn down your indoor heating

This is especially important if you have an electric heating system. Bringing indoor heating down by one degree can decrease the energy consumption for heating by roughly five percent. In addition, shifting your electric heating to the middle of the day and during the night will benefit the power grid.



Use less hot water

Take shorter showers and run your dishwasher and washing machine on full load. By switching to water-saving tap nozzles and shower heads, you can reduce your hot water consumption by up to 40 percent.



Turn off electric equipment and lights

Turn off all electric equipment when leaving a room. Switch to LED bulbs as they consume four to five times less electricity than halogen bulbs.



Keep the heat indoors

A villa's heat losses can be immense. Check sealing strips in windows and doors. Are you planning to renovate - make sure, for example, to insulate, change windows or improve ventilation.



Consider the way you consume electricity

Avoid unnecessary electricity use and high-consuming electric appliances, such as electric underfloor heating systems, saunas, and tumble driers. If you must have the underfloor heating on, keep it at the same temperature as the rest of the house to avoid unnecessary electricity consumption.

Ask an energy and climate advisor

Energy and climate advisory is a service Swedens all municipalities provide to help you reduce your energy consumption and become more energy-smart.

The Swedish Energy Agency funded the service, and it is free of charge and commercially independent.

Energy and climate advisor are available for

- individuals
- small and medium-sized enterprises
- tenant-owner associations
- private apartment building owners
- associations

Many ways to get good advice

To get in touch with your municipality's energy and climate advisor, you can call, e-mail or come for a visit. You can also find energy and climate advice information on your municipality's website.

Some energy and climate advisors sometimes advise in libraries and other public places. They can also be found at house fairs, environmental days and similar activities.

Examples of questions where the energy and climate advisor can help you:

- How you can reduce energy use in your home
- What are the pros and cons of different heating systems
- How you can use solar energy for heating, hot water and electricity
- What should you consider when renovating or building new
- Which lamps are on the market, and how can you decorate with light as needed
- What current grants and support are there to apply for in the energy field
- The advice also covers transport, such as what you should think about and what supports are available
- installation of charging points for cars.

Every  counts

How much can we reduce our electricity use?

According to the Swedish electricity transmission system operator, the risk of manual disconnection of the electricity supply can be reduced by 80 percent if we reduce our electricity consumption by two percent. The same applies if we were to shift two percent of our electricity usage away from the morning and evening peak periods.

Two percent of the total electricity consumption in Sweden amounts to around 3 TWh (terawatt-hours). This is roughly equal to what we can collectively save in the residential sector by lowering our indoor heating by one degree and halving our hot water usage.

This is why we are now issuing these recommendations

We are in an exceptional situation with war in Europe with major repercussions on the energy markets which ultimately lead to high electricity prices. In such a situation, we need to use less electricity. We are also entering a colder and darker season, with heat on indoors and higher electricity use. Many want to know how they can contribute to ease the situation.

The Energy Agency therefore informs more broadly to contribute to changed habits and increased knowledge about what reduced electricity use can lead to. It can make a difference both now and during a tough winter season. The information campaign is also in line with the EU's new law on crisis intervention in the electricity market, which was decided on 30 September 2022. It then introduced an obligation to reduce electricity use by at least 5 percent during peak hours. Namely, it is then that gas-fired power production has a significant impact on the price of electricity.

The member countries must strive to reduce the total demand for electricity by at least 10 percent up to and including March 31, 2023.

But the path to a sustainable energy system in the longer term means that we must all use electricity in a more efficient way - not less electricity. We see, among other things, that electrification of both the transport sector and industry is one of the most important parts for a sustainable society.

From 1 October 2022, the Energy Agency has coordination responsibility for the energy sector when it comes to preparedness issues, among other things.

But, is it possible to save electricity?

No, electricity cannot be saved. In our campaign, we will use the slogan "save electricity". However, this is a simplified way of expressing it, as electricity must be consumed as soon as it is generated. Nevertheless, when we reduce our electricity consumption, we save water in our hydropower reservoirs and the fuel required to generate electricity in steam turbines. At the same time, we also reduce costs and ensure that the system is less vulnerable to disruptions.

Affordable and Clean Energy

The Swedish Energy Agency is leading society's transition to a sustainable energy system.

We contribute with facts, knowledge, and analysis of supply and use of energy in the society, as well as work towards security of energy supply.

Research on new and renewable energy technologies, smart grids, as well as vehicles and transport fuels of the future receives funding from us. We also support business development that allows commercialisation of energy related innovations, and ensure that promising cleantech solutions can be exported.

Official energy statistics, and the management of instruments such as the Electricity Certificate System and the EU Emission Trading System, are our responsibility.

Furthermore, we participate in international collaboration with the aim of attaining Swedish energy and climate objectives, and develop and disseminate knowledge for a more efficient energy use to households, industry, and the public sector.

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