

ENERGY VAMPIRE FACT SHEET

What are Energy Vampires?

Put down your wooden stake, Buffy! Energy Vampires are appliances and electronics that leech power even when they are not in use. By managing these energy-wasting appliances, you can “slay” at least 10%-20% of your energy usage every month.

Imagine all the energy we could save if we all worked together?

Go forth and slay!



Check out our [website](#) for more tips and tricks to make your lab more sustainable!



Download the Green Labs Certification Form today! Submit to sustainability@caltech.edu



In lab or at the office:

1. Power down or unplug all non-essential appliances (computers, monitors, printers, speakers, microwaves, coffee pots, hot plates, thermocyclers, scales).
2. Switch off power strips at the end of the day.
3. Turn off video displays, monitors, and electronic signs in common areas.
4. Close laboratory fume hoods.
5. Defrost your freezers regularly. This will also make your freezers last longer!
5. Turn off lights when rooms are vacant.
6. Use “smart” power strips, which can detect when appliances are in standby mode and cut the power.
7. Use automatic timers to turn off equipment during off-hours.

At home:

Over 40% of your electricity is leeches by energy vampires! That’s an average of \$200 per household ever year. However, we realize you’re not going to turn off and reset your alarm clock every day! So, what can you do?

1. Power down or unplug all non-essential or unused appliances (computers, monitors, printers, speakers, microwaves, coffee pots, food processors, hair dryers, gaming systems, cable TV, DVD players, electric toothbrushes).
2. Utilize ENERGY STAR appliances such as refrigerators.
3. Unplug phone and laptop chargers (YES, those draw power even when not plugged in to anything!)
4. Turn off the lights.
5. Use automatic timers or “smart” power strips, which can detect when appliances are in standby mode and cut the power.
6. Switch off power strips when you leave home.



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