ENERGY SAVING TIPS

WHAT'S THE MOST ENERGY-EFFICIENT WAY TO WATCH TV ?

There seem to be more choices than ever for how to watch TV shows and movies at home. But the amount of energy needed to watch video content — and the amount of money you spend to watch it — can vary widely depending on which device you choose to use.

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Among the devices used to watch TV, set-top boxes are the most prolific; they can also be huge energy consumers. Historically, we've been stuck with whatever equipment our cable or satellite provider gave us, so we didn't have a choice about whether we get an energy-efficient model or not. More recently, cable companies and manufacturers have worked together to develop ENERGY STAR® qualified set-top boxes for their customers. Technology has also advanced so that most homes need only one set-top box in their home to still receive full DVR and cable services. Take a look at your own set-top box to see if it has the ENERGY STAR rating. If you have set-top boxes that are over 5 years old, don't have an ENERGY STAR rating, or you have multiple set-top boxes in your home, you may have older inefficient equipment that is wasting money and energy. Contact your cable or satellite provider to request new ENERGY STAR qualified equipment to help reduce your electric bill.

DVD or Blu-ray players are another popular way to watch movies, but the energy use associated with using these devices varies dramatically. Stand-alone DVD players are typically the most efficient, drawing around 10 watts of power (a little less than a standard LED lamp) when in use. In contrast, a stand-alone Blu-ray player can draw over 3 times as much power and a video game console can use 15 times as much power.

Finally, many people now stream video content on an Internet-enabled TV or through a separate box such as an Apple TV, Roku or Chromecast. Although there isn't yet much conclusive research, preliminary reports suggest that streaming is actually the most efficient way to watch movies or TV shows, especially since some streaming boxes draw as little as 3 watts of power when in use. That's less than one-third the power of a DVD player and up to one-tenth the power of a standard set-top box.

EFFICIENT WAYS TO WATCH TV

All of these facts point to several easy steps that you can take to save energy while still enjoying your favorite movies and TV shows. First, make sure to turn off the set-top box and digital video recorder (DVR) when not in use (as long as you can do so without interrupting your scheduled recordings!). Next, watch movies on a DVD or Blu-ray player instead of a gaming console. Finally, when possible, choose a streaming service to watch videos; this option wastes the least amount of electricity. Now you can enjoy your popcorn and a movie worry free, knowing you're doing something good for your wallet and for the environment.

HOW MUCH ENERGY DOES IT TAKE TO WATCH A MOVIE?

Recent research suggests that video streaming is by far the most energy-efficient way to watch TV shows or movies. In contrast, when used to watch movies, video game consoles are major energy hogs. Compared with a dedicated streaming box, a video game console can increase energy expenses by up to a factor of 20.

ENERGY CONSUMED TO WATCH A TWO-HOUR MOVIE

170Wh	80Wh	60Wh	35Wh	20Wh	10Wh
Video Game Console	High-Definition Digital Video Recorder	Blue Ray Disc Player	Set-Top Cable Box	DVD Player	Streaming Video

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