

10 tips to make your house more sustainable



Nowadays, one of the factors that is most valued in a home is that it is **sustainable and contributes to the saving of energy**. In fact, the developments of new construction incorporate all types of innovations and mechanisms to get **homes to meet the maximum number of sustainability requirements**.

Below, we present **10 tips to modernize a home and transform it into a more sustainable space that respects the environment**:

1. **Good insulation** in walls, ceilings and windows allows saving energy. For example, double-glazed windows will contribute to not letting the heat and cooling escape.
2. Changing the old bulbs by **LED lamps** is an investment, since this change allows you to save on the light bill.
3. Buy household **appliances** with **class A** energy certification. Although initially their price is higher, in the long run it will mean an important energy savings. It is also important not to leave them in standby, since if you do, they continue consuming even if they seem to be turned off.
4. To save water, the ideal is to choose **faucets of high energy efficiency**. Water flow restriction systems can also be installed in the current faucets. Other recommendations are to change the bathtub with a shower tray and install dual flush devices in the cisterns.
5. We must make an **appropriate use of the temperature**: in winter the heating should be regulated at 20°C, while in the summer the air conditioning should not be less than 26°C. The hot water, in turn, should not be over 35°C.
6. If your dwelling so permits, install **renewable energy sources** such as solar panels. In this way,

you can generate your own energy in order to have, for example, hot water.

7. Use **natural paints**: prepared without toxic substances. They not only help to be more sustainable with the environment, but they also improve the quality of life of your family.
8. Prioritize the **natural materials** for the decoration of your home. And do not hesitate to recycle old furniture and give them a second life.
9. The use of **home automation** allows managing the control and the intelligent automation of a home by means of technology. In this way you can program and control telematically the diverse connected devices (lighting, heating/cooling, hot water, home appliances...) and take better advantage of the resources.
10. Finally, placing a **vertical garden on the balcony** or on the terrace of the house allows self-consumption of natural products, which are more economical and sustainable.