

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

## Light Up Your Life with the Environment In Mind

*Lighting suggestions that are friendly to the earth*

Did you know that the average incandescent light bulb only turns 5 to 10 percent of the energy it uses into light? The rest is released as heat. That is a lot of wasted energy and money on your electricity bill.

However, by changing the kinds of light bulbs, fixtures, power sources you use, as well as certain lighting habits, you can drastically conserve energy and help Mother Earth in the process.

### Buy a Better Bulb

Compact fluorescent bulbs (CFLs) are the ones you've probably seen in the hardware store that look like a soft serve ice cream cone. They come in various shapes, sizes and colors of light. Though these bulbs do cost a bit more, they will save you a bundle on your electricity bill and last longer than an incandescent bulb.

- These bulbs pay for themselves after about 500 hours of use and can last up to 10,000 hours.
- CFLs release less heat, which cuts down on cooling costs in the summertime too.

### Check Out the Power of LED

Light Emitting Diodes (LEDs) are extremely long lasting, energy efficient light bulbs which last

even longer than CFLs. They are pricier but can reduce your energy consumption by 80 to 90 percent and last around 100,000 hours of use.

- These bulbs light up faster than normal bulbs, which could save you from an accident if you use them as brake lights in your car.
- Many LED lamps on the market have built-in bulbs so the unit is already equipped and ready for use.

### Don't Forget the Lamps

Eco-friendly lighting does not end with light bulbs. Purchase lamps and fixtures made from natural, recycled or reused materials.

- Recycled lamps can be made from metal, glass or plastic and natural materials such as felt, cloth or wood.

### Remove "Wall Warts"

Notice the chunky switches found on many electrical cords and fixtures? These power adaptors or "wall warts" stay warm even

when electronics are turned off because they draw energy from the outlet all the time.

- Unplug wall warts and plug your lamps into power strips. When they are not being used, simply turn off the power strip.

### Change Your Habits

To reduce your energy usage, open the blinds and window shades and take advantage of natural sunlight to both heat and light your home. Also, turn off lights when you leave the room and install motion sensors on outside lighting.



## Did you know...?

If every U.S. home replaced just one light bulb with an Energy Star bulb, the country would save enough energy to light more than 2.5 million homes for an entire year, and prevent the release of greenhouse gases that are equivalent to the emissions from 800,000 cars.