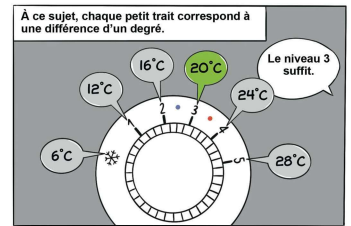
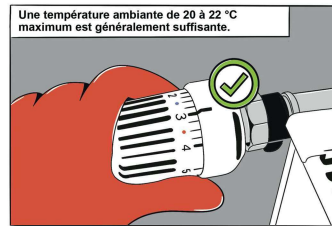
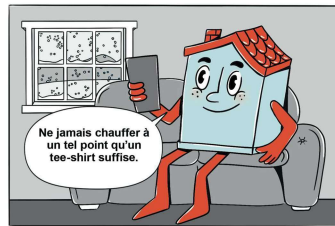
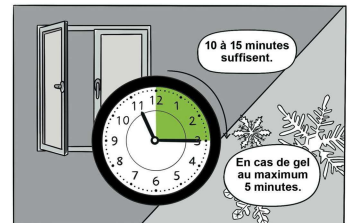
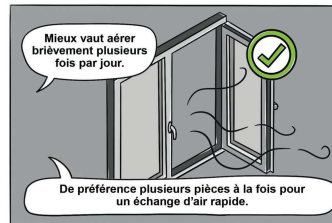
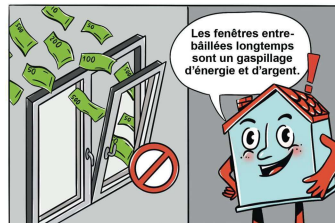


# Les 7 meilleurs conseils pour faire des économies d'énergie

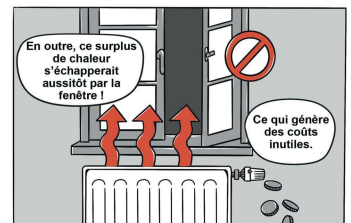
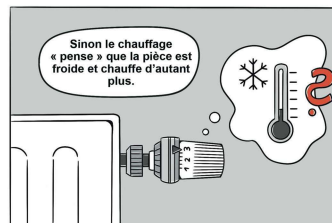
## 1. 20 à 22 °C maximum suffisent



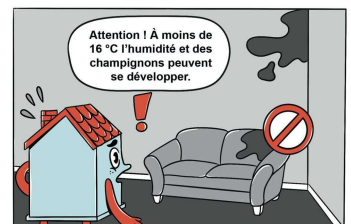
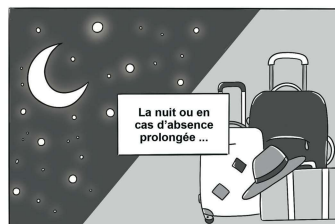
## 2. Aérez régulièrement et brièvement au lieu de laisser la fenêtre entrebâillée



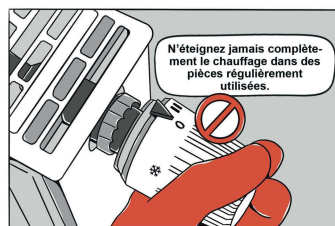
## 3. Baissez le chauffage avant d'aérer



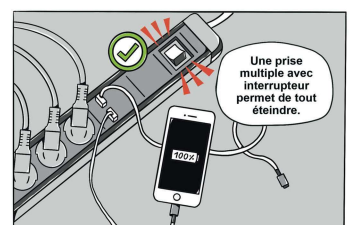
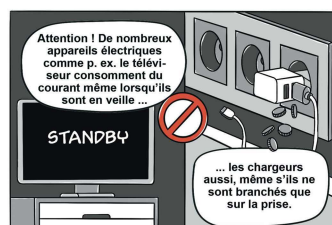
## 4. Baissez le chauffage de manière ciblée



## 5. Ne laissez pas le chauffage continuellement sur zéro



## 6. Éteignez la lumière et les appareils électriques



## 7. Surveillez les appareils à forte consommation

