Lamps, clock radios, computers—many devices in your bedroom consume electricity. But how much do they consume on an average day? You can figure it out...without looking at a utility bill. Here's how...

Use the spaces below to list all of the electrical devices in your room (including lights) as well as how many watts of energy each one uses when it's running (most appliances list energy usage information on them. Some will show volts and amps but not watts. To calculate watts, multiply volts times amps).

Then, estimate how many hours or minutes each device is on during a typical day. Calculate the daily total of watts used.

Electrical Device	Watts	x Time	= Total

all the stuff in your bedroom.

ELECTRICITY: FACT OR FICTION

1. It takes more energy to turn on a light than to leave it on.

FICTION. Turning off any light ALWAYS saves electricity.

2. Compact Fluorescent Light Bulbs use 60-75% less energy than incandescent bulbs.

FACT. And CFB (Compact Fluorescent Bulbs) last 5-7 years longer.

3. One kilowatt-hour (kWh) equals the amount of electricity needed to power a 100 watt light bulb for 1 hour.

FICTION. 1 kWh can power a 100-watt light bulb for 10 hours.

4. If an appliance or device isn't turned on, it's using zero electricity.

FICTION. "Phantom" power, which is the small amount of power some plugged-in devices use to keep them "awake," can really add up. A recent study revealed that Americans consumed more phantom power in a year than Italy uses in regular power.

5. A "sleeping" computer still uses electricity.

FACT. Even in "sleep" mode, a typical computer can consume between 1-5 watts of electricity.

If needed, you can use the space below to calculate how many watts are used by each electrical device in your room. (volts x amps = watts).