

Turn lights off when you leave a room

In partnership with Hubbub, we have compiled this methodology to substantiate the potential savings that the average household could achieve when adopting the following behaviours at home.

GB: *Lightbulb moment! By simply turning lights off when you leave a room, you could save an average £20 a year. It's that easy.*

IE: *Lightbulb moment! By simply turning lights off when you leave a room, you could save an average €45 IE a year. It's that easy.*

NI: *Lightbulb moment! By simply turning lights off when you leave a room, you could save the same carbon emissions over a year as driving from Belfast to Londonderry three times.*

Whether you live in a studio flat or Buckingham Palace, your energy use and bill is likely to differ! With so many variables and contributing factors to consider, there is no one-size fits-all when it comes to savings. We have worked with a combination of reliable sources, official statistics, averages and assumptions to give IKEA customers an idea of the potential savings from an 'average household'. We've positioned the savings as 'around' or 'an average', as the data is based on estimates and averages so should be used as a guide. Actual savings could be higher or lower.

Cost savings

Assumptions:

- Lighting makes up 11% of the average UK household electricity consumption ([Energy Saving Trust](#))
- Lighting and appliances make up 16% of the average IE household electricity consumption ([Sustainable Energy Authority of Ireland](#))
- The average UK household uses 2,700kWh electricity per year ([Ofgem](#))

Calculation (GB and NI):

- 11% of 2,700 kWh = **297 kWh**
- Cost per kWh of electricity = **£0.27** (from Oct 23, [Ofgem](#))
- Total cost for lighting for the average UK household = **£80.19** (297 kWh x £0.27)
- Using a quarter less lighting = could save an average **£20.05** per year on average

Calculation (IE):

- 16% of 2,700 kWh = **432 kWh**
- Cost per kWh of electricity = **€0.4199** (from Nov 2023, [Eurostat](#) – including VAT)
- Total cost for lighting for the average IE household = **€181.40** (432kWh x €0.4199)
- Using a quarter less lighting = could save an average **€49.35** per year

Source:

- [Energy Saving Trust](#)
- IE: [Sustainable Energy Authority of Ireland: energy by end use](#)
- GB: [Ofgem average gas and energy usage](#)
- GB: [Ofgem Energy Price Cap](#)
- NI: [Utility Regulator](#)
- IE: [Eurostat - Electricity prices for household consumers, second half 2022](#)

CO₂e / CO₂ savings

GB and NI

Using a quarter less lighting could save around 62kg CO₂e per year

Calculation:

- 297 kWh multiplied by 0.207074kg CO₂e = **61.5kg CO₂e**

Source:

- 0.207074kg CO₂e is converted from emissions associated with the generation of electricity at a power station: [Greenhouse gas reporting: conversion factors 2023](#)

Environmental savings GB:

- Driving from Southampton to Leeds is calculated using 235 miles in an average petrol car which emits approximately 60kg CO₂e (this is illustrative)

Environmental savings NI:

- Driving from Belfast to Londonderry three times, is calculated using 211.5 miles in an average petrol car which emits approximately 60kg CO₂e (this is illustrative)

Source:

- www.carbonfootprint.com

IE

Using a quarter less lighting could save around 128kg CO₂ per year

Calculation:

- 297 kWh multiplied by 0.2974kg CO₂ = **128.48kg CO₂**

Source:

- 0.2974kg CO₂ is converted using [SEAI Conversion Factors](#)

Environmental savings:

- Driving from Cork to Limerick and back 4 times is calculated using 793 kilometres in an average petrol car which emits approximately 130kg CO₂e (this is illustrative)

Source:

- www.carbonfootprint.com