

GOOD BEDROOM GUIDE

It pays to keep your bedroom energy efficient in more ways than one. Do it right and it will not only keep your parents happy, but gives you a good excuse to close the door and keep annoying siblings or other kids out.

Close your windows and curtains if the heating is on – heat can be lost through windows. Curtains help keep warm air in.

Put on another jumper instead of turning up the heat – this will cut down on your parent's bills.

Close the bedroom door to keep heat in – heat likes to go walkabout wherever it can.

Don't have more than one light on at a time – it will burn out your lightbulbs for no reason. Also try using energy efficient lightbulbs – they last up to 8 times longer than normal bulbs.

Don't let draughts sweep through your room. You could make a draught excluder to put against your door.

Don't chuck out your old magazines, school notes and clothes. Recycle them in your very own recycling bin (use an old cardboard box) and reuse the backs of old work sheets for revision work. You can also give old clothes to a local charity.