How do I estimate my energy use?

The chart below shows which appliances in your home use the most energy. By managing how you use these appliances, you can lower your monthly bill. You can find savings advice for your rate plan at **aps.com/tips**. For a more customized estimate of your demand, visit **aps.com/energyestimator**.

	PEAK MONTHLY ENERGY USE (kWh/mo)*	ENERGY USAGE ASSUMPTIONS
HIGH IMPACT		
HVAC (Cooling and Heating)	2,029 (Cooling) 507 (Heating)	Air conditioner or heat pump runs to cool or heat an 1,800 square foot home, cycling on and off for about 40 to 45 minutes per hour. May run longer on the hottest and coldest days of the year.
Pool Pump	463 (Summer) 231 (Winter)	Pool pump runs continuously for 10 hours per day (summer) and five hours per day (winter).
EV Charger (Level 1 and 2)	287 287	EV charges continuously for about one hour per day (level 2) to 4 hours per day (level 1).
Electric Water Heater	140	Water heater cycles on and off for about one hour per day to maintain hot water.
Electric Dryer	99	Dryer runs on high heat for a full cycle (20-30 cycles per month).
MODERATE IMPACT		
Lighting	22 (summer) 134 (winter)	Typical indoor lighting throughout the home is used for one hour (summer) and up to six hours (winter).
Dishwasher	21	Dishwasher runs a full wash cycle (about 20 cycles per month).
Electric Oven	11	Oven cycles on and off during meal preparation (about 20 minutes per day).
Washer	7	Washing machine runs a standard load (20-30 loads per month).
MINIMAL IMPACT		
TVs / Computers / Gaming	87	Typical electronics are used about five hours per day.
Electric Stove	5	One burner cycles on and off during cooking for about 30 minutes per day.
Microwave	2	Microwave is used on and off for about 15 to 20 minutes per day.
NECESSITY ITEMS		
Refrigerator	119	Refrigerator cycles on and off automatically.
Freezer	87	Freezer cycles on and off automatically.

*Peak monthly energy use estimates are based on typical usage in an 1,800 square foot home in the low desert and on the highest summer or winter appliance usage. For example, AC and pool pump are based on summer usage, and heating demand is based on winter usage.

Heating and cooling estimates are based on a single air conditioner/heat pump unit. For larger homes with multiple units, multiply the estimate by the number of units to estimate your total energy use. You can do this for other appliances if more than one is in use, such as refrigerators, water heaters and EVs.

Refrigerator and freezer are necessity items, but avoiding more than one of each in your home will help save energy and money.

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