

## ENERGISE LIVING LAB WEEKLY SURVEY

### (Week 8: Laundry Challenge & Heating Challenge)

The **ENERGISE** weekly survey tracks changes in laundry and heating routines and associated energy use.

#### Laundry

1 / 13 Please check your Washing Diary: How many laundry cycles did your household wash in the past week (in the last seven days, excluding today)?

2 / 13 In the past week, did anything happen that led to you doing more/less laundry than usual? (check all that apply)

- No
- Yes, we/I had visitors
- Yes, we/I were/was away
- Yes, we/I came back from a trip
- Yes, we/I engaged in more activities that require specific clothing: sport, work, other
- Yes, we/I engaged in less activities that require specific clothing: sport, work, other
- Yes, we/I experienced illness or an accident that affected the amount of laundry
- Other...

3 / 13 In the past week, has your household started doing any of the following in order to wear clothes for longer without washing them? (check all that apply)

- Removing stains without washing the whole garment
- Airing out clothes
- Using an apron
- Ironing already worn clothes to wear them again (without washing them)
- Putting clothes into the dryer to freshen them up (without washing them)
- Wearing clothes for longer without extra measures to freshen them up
- No, we/I did not do anything differently
- Other ways to reduce the amount of washing...

4 / 13 In the past week, has your household started doing any of the following when doing the laundry? (check all that apply)

- Hanging clothes up to dry, instead of using a tumble dryer (or drying cabinet)
- Increasing the indoor temperature or keeping heating on for longer in order to air-dry clothes
- Using the washing machine with fuller loads
- Using the washing machine with smaller loads
- Using the dryer with fuller loads
- Using the dryer with smaller loads
- Using washing machine programmes that have lower temperatures
- Using more detergent in the washing machine
- Using less detergent in the washing machine



- Using the eco-friendly mode on the washing machine
- Doing more ironing
- Doing less ironing
- No, we/I did not do anything differently
- Other ways in which your laundry routines changed...

5 / 13 How have you felt about the laundry challenge over the past week? (check all that apply)

- Excited
- Relaxed
- More-or-less fine
- Worried
- Annoyed
- Other...
- Select

## Heating

Please check your Temperature Diary and note down your latest temperature readings.

6 / 13 Living room temperature

7 / 13 Adult bedroom temperature

8 / 13 Child's room temperature (if applicable)

9 / 13 In the past week, has the heating system in your household been turned on for the first time this season?

- No
- Yes

10 / 13 In the past week, did anything happen that led you to change (the timings of) your temperature settings? (check all that apply)

- Not applicable as the heating system has not been turned on yet
- No, nothing happened that let us to change any settings
- Yes, we/I needed more warmth because we/I had visitors
- Yes, we/I needed more warmth because of illness
- Yes, we/I needed more warmth because we/I spent more time at home
- Yes, we/I needed less warmth because we/I spent less time at home
- Yes, it became colder outside, so we/I needed more heating
- Yes, it became warmer outside, so we/I needed less heating
- Other...

11 / 13 In the past week, have you begun any of the following in order to stay warm in your home? (check all that apply)

- Wearing more or warmer clothing while inside
- Using slippers or blankets
- Reducing draughts
- Drinking more hot drinks or eating more hot meals
- Becoming more physically active while indoors (e.g. by doing indoor sport or playing indoor games)
- Taking more or longer baths or showers
- Changing the use of windows/doors for airing out rooms
- No, we/I did not do anything differently
- Other...

12 / 13 How have you felt about the heating challenge over the past week? (check all that apply)

- Excited
- Relaxed
- More-or-less fine
- Worried
- Annoyed
- Other...

13 / 13 Do you have any comments you would like to share with us, or any questions?