



## Pull the plug on Phantom Power!

### What is **phantom power**?

It is known by many spooky names: phantom, vampire and ghost energy. Technically, it's standby power—the energy many appliances and electronics use when turned off but still plugged in.

And spooky it is! According to the Lawrence Berkeley National Laboratory, phantom power can account for up to 10% of your home's annual energy use.

Examples include electronics with a standby function ▶ such as TVs, cable boxes, DVRs, fax machines, and modems, as well as battery chargers and AC adapters.



**Remember!** If a device like those mentioned is plugged in, it is using energy.

# Tips to Avoid Phantom Power Wasters

## Unplug electronics when not in use.

For example, if your cell phone is fully charged, unplug the AC adapter.



Group electronics on a power strip so you can easily turn them all off at one time. For example, you can plug your TV, DVD, and other entertainment devices—all common phantom power users—into a power strip. When you are done watching, flip the switch and all the devices are completely off, not drawing power.



## Practice makes perfect.

You have to make it a habit of unplugging devices that use phantom power. To help you remember, it may help to place a note by applicable devices until it becomes second nature to unplug them. It is worth it—it saves energy and adds up to savings on your bill!

For more information, please visit [www.energy.gov/applianceselectronics.htm](http://www.energy.gov/applianceselectronics.htm).



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