

**Examples for Programmable Thermostat Settings**

Winter On-Peak 6-9 a.m.	Wake	Leave	Return	Sleep
	5 a.m.	6 a.m.	10:30 a.m.	5 p.m.
	70	67	68	68
	Raise the temperature a couple degrees before the on-peak period.	At the start of On-Peak reduce the temperature.	*	Set to a comfortable temperature to sleep.
Summer On-Peak 4-7 p.m.	Wake	Leave	Return	Sleep
	7 a.m.	2 p.m.	4 p.m.	8 p.m.
	78	75	79	78
	Set to a comfortable temperature	Lower the temperature a couple degrees before the on-peak period.	At the start of On-Peak increase the temperature a few degrees.	*

- After the on-peak period, adjust the thermostat back to a comfortable temperature.
- \* However, do not set the time right at the end of the period because the programmable thermostat will start the HVAC unit ahead of time