



# Sense home energy insights

December 2021



# What Sense Home Electricity Data Says About Our Lives in 2021

Since the Covid pandemic began in early 2020, we've been analyzing Sense home data to see what it can tell us about peoples' lives. This year, we compared anonymized data in 2019, 2020 and 2021 across 10,000 homes and saw interesting changes.

**We're dining out more.** Average kitchen usage increase 50% between 2019 and 2020 but then dropped by nearly 28% in 2021, suggesting that more people are eating out.

**Electricity bills stayed high.** The average household paid \$55 more in 2020 and again in 2021 compared to 2019.

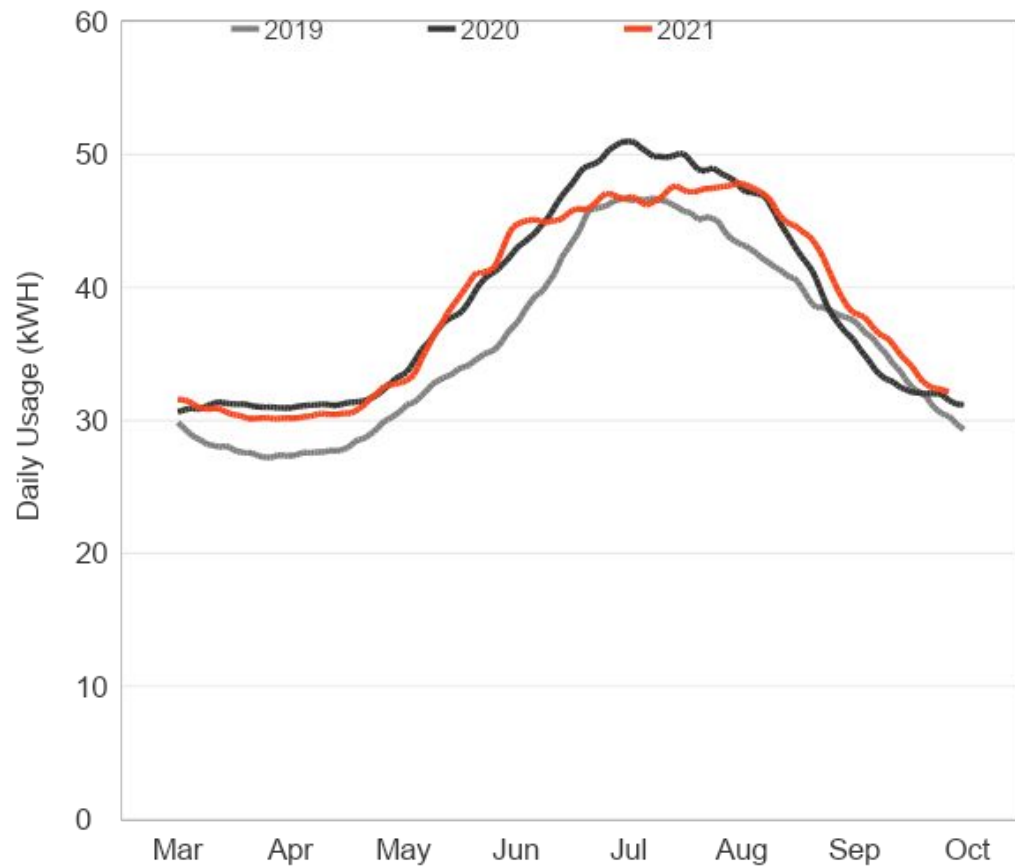
**People are staying at home during the day,** but the changes are regional. The biggest increases in daytime energy usage from 2019 to 2021 took place in the Pacific (17.8%), New England (17.5%) and mid-Atlantic (16.4%) regions. The smallest increases took place in the South (4%) and Southwest (8.7%).

**Extreme weather is a budget buster.** During the February 2021 ice storm in Texas, there was a peak increase of 145% and daily usages increased by 32.5% compared with February 2020. The summer heat dome in the Pacific Northwest translated into a \$50 bump in electricity bills in Oregon and Washington, on average.

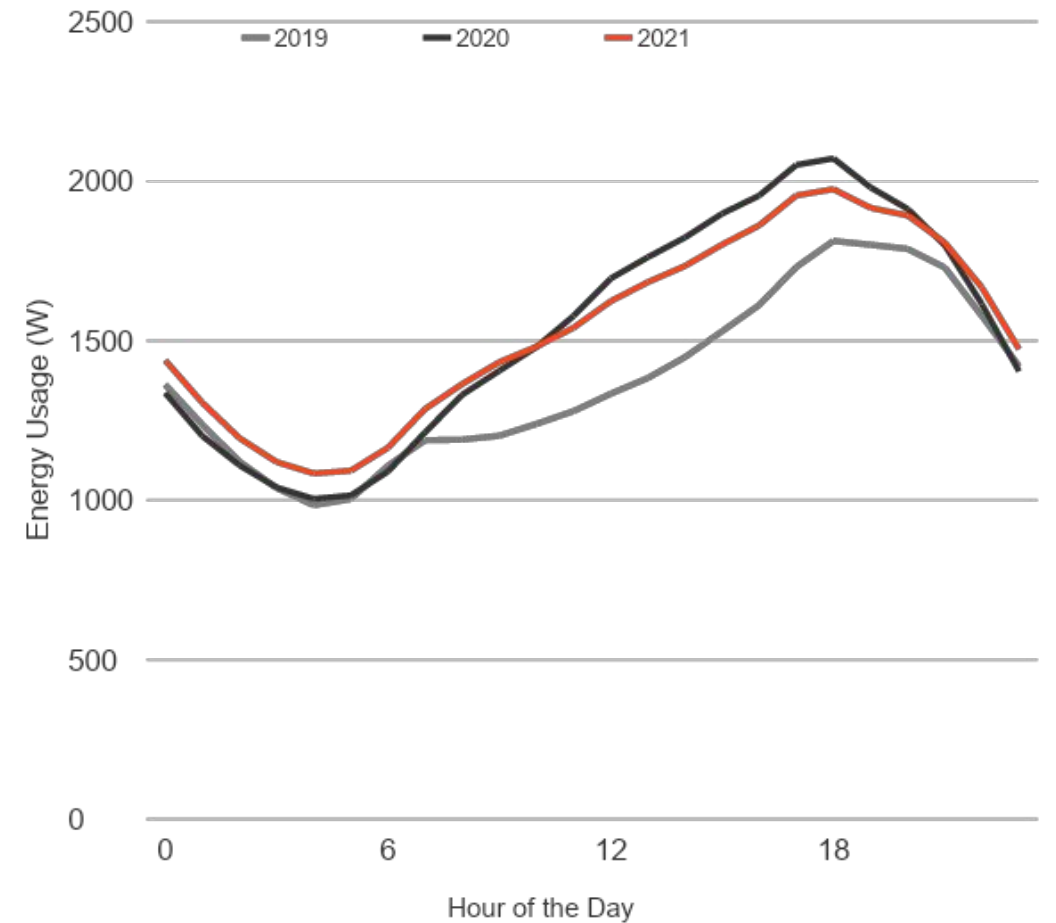


# Our energy use remained at higher post-Covid levels for a second year.

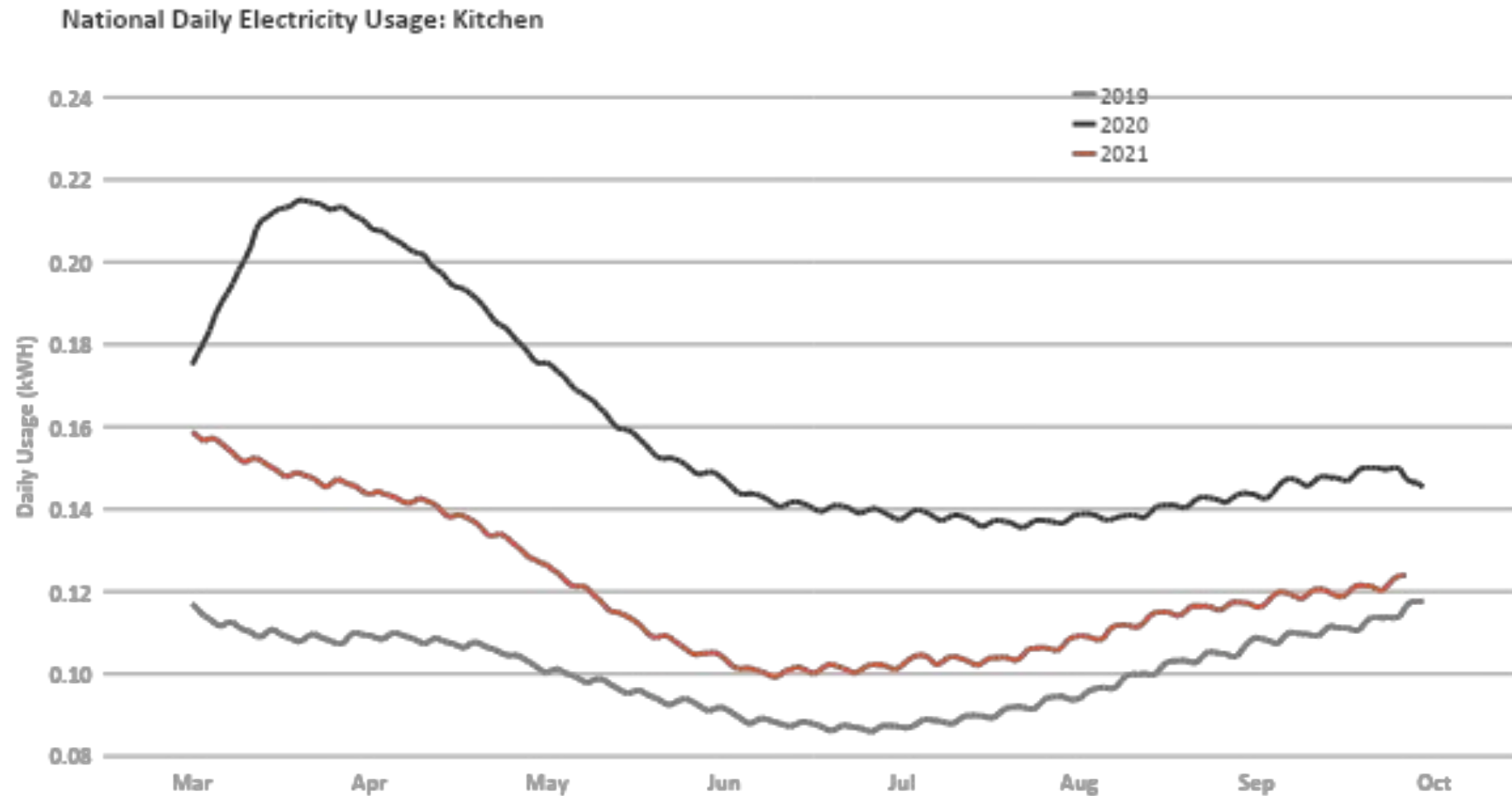
## Whole-Home National Daily Electricity Usage



## Average Energy Usage by Time of Day

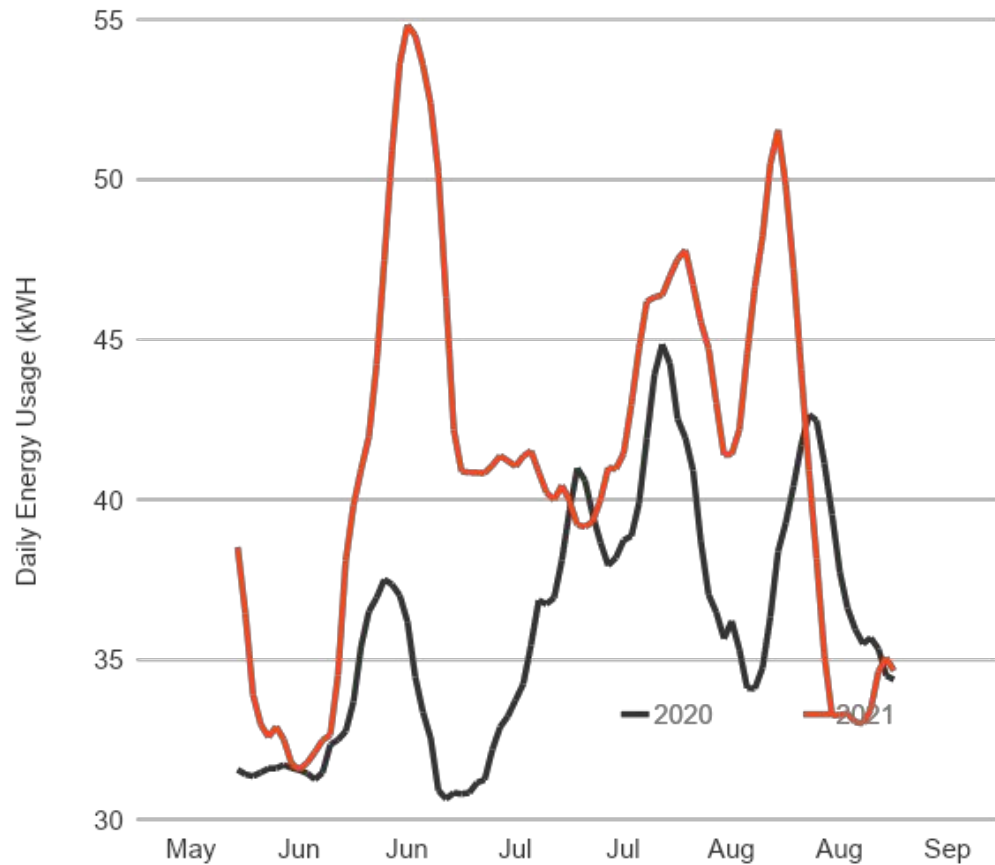


# We stopped baking so much sourdough.

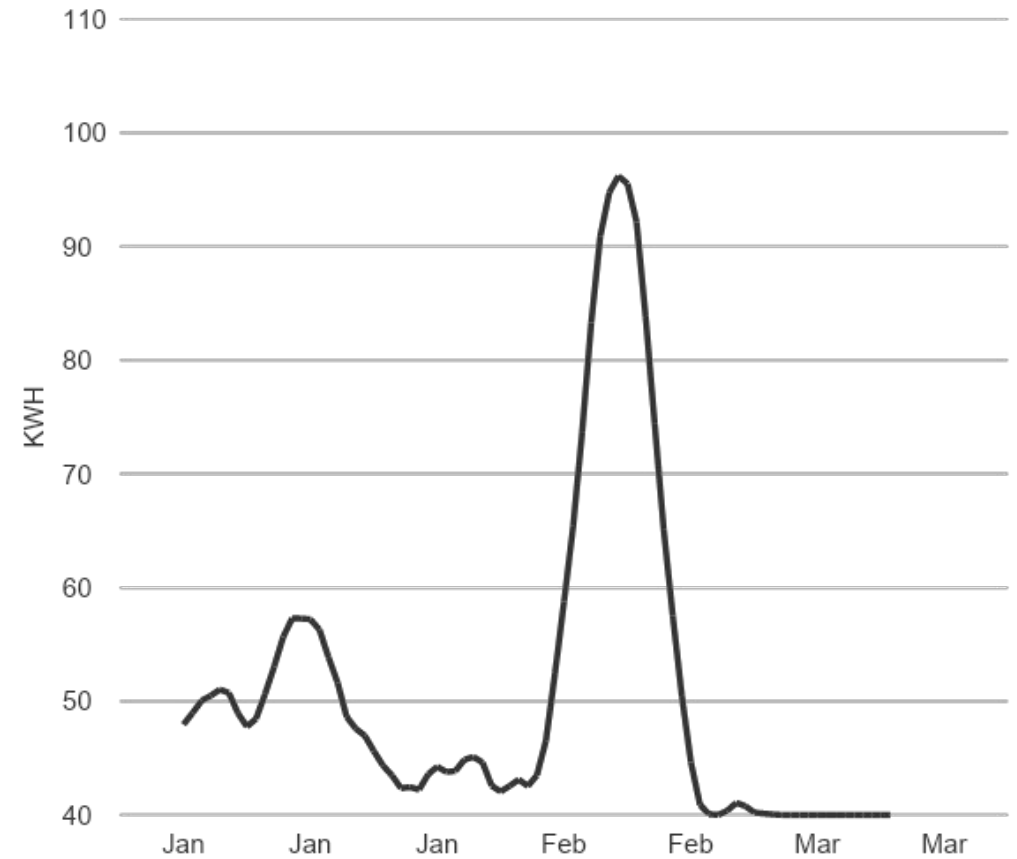


# Extreme weather affected our energy usage.

## Heat Dome in the Pacific North West



## The Texas Ice Storm





Learn more at [Sense.com](https://sense.com)

and visit the [Sense blog](#) for more home energy insights

