

Get COZY!

Three steps to chase away chills

1 Think Local

Why crank up the whole house's heat when you mainly use a few rooms?

Get a space heater Using one while lowering the thermostat to 62°F could save you \$200 a year. GHRI recommends the **Vornado VH2** (\$90; vornado.com), which is easy to use, heats well, and safely shuts off if tipped over. Unplug a heater when not turned on; keep it on the floor (so it's less likely to topple) and away from flammable furnishings as well as kids and pets.

2 Boost Your Bedding

To compensate for a cooler house at night:

Consider down It traps body heat best. The higher the "fill power" (a.k.a. down's fluffiness), the cozier. Pacific Coast's Embrace Comforter (\$330 to \$350; pacificcoast.com) is GHRI's top-tested pick. Can't use feathers? We found that Cuddledown's Striped Synthetic-Fill Comforter (\$169 to \$300; cuddledown.com) is the closest fiberfill gets to natural-down warmth.

Pile on the blankets Wool is warmest, followed by synthetic fleece and then cotton. If you're layering, put the toastiest one on top to thwart cold air. But skip blankets entirely if you use a comforter—its loft alone should keep you cozy,

below. Use the blanket with just a sheet; add blankets or a comforter with the pad for maximum warmth.

3 Shower Without the Shiver

If goosebumps and cold feet have you dreading disrobing, consider:

A heat-lamp bulb Its price is around \$5, and it can be screwed into a regular light fixture to warm the air and give a glow (and yes, it will still be sold after

LIGHT A FIRE

It may not be the most energy-efficient, but a roaring fire really is delightful. To get crackling:

- **START CLEAN** Scoop ashes up with a fireplace shovel, then sweep—or just use a utility vac.
- **BURN, BABY, BURN** Forgo tedious layering of paper, kindling, and wood and get a ready-to-light log, like CleanFlame (\$4; cleanflame.com), made of recycled waxed boxes (the ones in which produce is shipped). When burning, these logs emit 80% less carbon monoxide than wood, the makers claim. (Be sure the flue's open before lighting.)

Take (Control of) Your Temp Lowering your thermostat daily by 10°F over an eight-hour period can knock 10% off your heating bill. Best times: while you're at work or sleeping

because it holds in your body heat.

Go electric Want bedding that warms itself? These GHRI faves have dual zones in their queen and king sizes for couples who can't agree on a temperature: Sunbeam's Premium MicroPlush Blanket (above, \$80 to \$170; sunbeambedding.com) was rated best blanket, while Sunbeam's Quilted Heated Mattress Pad (\$65 to \$120) provides toastiness from

January 1). One of these uses more electricity than a standard bulb (about 20 times that of a CFL) but still costs just three cents an hour—far less than cranking up the house heat.

A heated towel rack Admittedly, these aren't cheap—good ones start at about \$100. Amba makes some that have swivel-out bars (\$180 and up; amba towelwarmers.com), which can also be used to dry hand-washables. **Not ready to splurge?** Right before you bathe, tumble towels in a warm dryer to fluff 'em up.

