

# Load balancing

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**Load balancing**, **Load Matching**, or **Daily Peak Demand Reserve** refers to the use of various techniques by electrical power stations to store excess electrical power during low demand periods for release as demand rises.[1] The aim is for the power supply system to have a load factor of 1.

**Grid** energy storage stores electricity within the transmission grid beyond the customer. Alternatively, the storage can be distributed and involve the customer, for example in storage heaters running demand-response tariffs such as the United Kingdom's Economy 7, or in a vehicle-to-grid system to use storage from electric vehicles during peak times and then replenish it during off peak times. These require incentives for consumers to participate, usually by offering cheaper rates for off peak electricity.

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