Method for optimizing accumulation needs of an energy complex consisting of a solar power plant and an electrical energy storage system, which operates at a constant specified power in parallel with the grid, is carried out by applying the Pareto principle. To further reduce accumulation needs, the electrical energy storage system is charged from the grid during the night period, before the start of energy generation by the solar power plant. Wherein a level of daily power at the output of the energy complex is set such that an amount of electrical energy required to be accumulated during the night period in the electrical energy storage system from the grid is equal to or close to an amount of energy required to be accumulated during the day period from the solar power plant.