

What is a Smart Thermostat?



(Image source: Hutchinson, ['What is a Smart Thermostat?'](#))

A smart thermostat is a Wi-Fi-enabled device that allows you to control your home's central heating and cooling system from anywhere, even when you are not at home. Similar to a programmable thermostat, it allows you to set heating and cooling schedules with different temperatures at different times of day. Smart thermostats go a step further by using sensors and data to track your usage patterns and learn your routine and temperature preferences over time.

By automatically adjusting when your heating and air conditioning run, smart thermostats can help lower your energy bills and avoid unnecessary energy use when you're asleep or away from home. For example, a smart thermostat is able to detect when your home is not occupied and pause heating or cooling, then resume comfort setting when you return. Plus, most smart thermostats have companion apps so that you can adjust your thermostat remotely from your smartphone or computer—meaning you can monitor your thermostat from anywhere!