

What is a Window Heat Pump?



(Image source: *Gradient*, "[Window Air Conditioner and Cold Climate Heat Pump](#)")

Window heat pumps are similar to window AC units, but they use less energy and provide reliable year-round heating and cooling. Unlike traditional heat pumps, the window heat pumps from [Gradient](#) and [Midea](#) do not require any electrical upgrades or professional installation. The installation is DIY-friendly, and they plug into a standard 120V outlet. They are considerably more efficient than electric-resistance heating and supplemental heating systems like space heaters. As a result, by switching to window heat pumps, many renters and homeowners spend less on their winter heating bills while having more control over the temperature in their homes.