# Programmable Thermostat Savings

This playbook describes the sequential steps to program a thermostat to optimize energy usage and save on heating and cooling costs across various seasons.

### Step 1: Manual Review

Locate the manufacturer's manual of your programmable thermostat. Review the manual to understand your specific model's programming features and capabilities.

### Step 2: Initial Setup

Perform the initial setup as directed in the manual. This typically includes setting the correct date, time, and potentially selecting your preferred temperature scale (Celsius or Fahrenheit).

### Step 3: Temperature Settings

Decide on your ideal temperature settings for various times of the day. Consider different settings for when you are asleep, away from home, and while you are in the house during waking hours.

### Step 4: Programming Schedule

Program your thermostat with the chosen temperatures. Set specific temperatures to automatically take effect during the mornings, daytime, evenings, and nights. Adjust the settings for weekdays and weekends as required.

### Step 5: Energy Saving Features

Enable additional energy-saving features if available. Some thermostats offer features like adaptive recovery/learning (which preps your home to the right temperature by the time you arrive), vacation modes, and reminders for maintenance.

### Step 6: Test

After programming, test the thermostat over the course of several days to ensure it's regulating the temperature as expected. Adjust any settings if you find the temperature to be uncomfortable or if you think further energy can be conserved.

### Step 7: Seasonal Adjustments

Make seasonal adjustments to the thermostat programming to cater to changes in weather and routine. Typically, this means cooler settings for sleep during summer and warmer settings during winter.

### Step 8: Ongoing Maintenance

Regularly check and maintain your thermostat’s programming. Update it if there are changes in your schedule or if you're taking an extended leave. Replace batteries if required and clean the device to ensure its optimal functioning.

## General Notes

### Energy Efficiency

Consider consulting with an HVAC professional to ensure that your programmable thermostat settings are optimized for maximum energy efficiency and comfort.

### Compatibility

Ensure that your heating and cooling systems are compatible with the programmable thermostat. Some systems may require a specific type of thermostat to operate efficiently.