

## Ecobee Scheduling FAQ

Below are some common questions regarding operation and Ecobee scheduling, and there are additional resources linked throughout the green text. The answers are in **GREEN**.

Best practices for scheduling:

- Start the heating event to include your warm-up time for the studio. If it takes 2 hours to reach 90° for your 9 AM class you will want to start the heating event at 7 AM, and end the heating event at the end of your class time.
- No one should manually adjust the thermostat's temperature when using a schedule. When manual adjustments are made, the thermostat goes off schedule and will not resume the schedule automatically. (steps at the bottom of the email to create a passcode to prevent tampering)
- The schedule can work like a timer, but it is in terms of time of the day. Instead of wanting the heaters to work for 2 hours only, you will create the schedule for 9 AM - 11 AM.
- Here is an article which has [Ecobee Basics](#) to help get to know your thermostat!

1. If heaters are set to a desired temperature, will the heaters turn off once the temperature is met? Or do the heaters stay on at the desired temp?

Correct, when you set the thermostat to the desired temperature the heaters turn on and stay on until the temperature is met. The heaters cycle on and off in order to maintain the desired temperature. Once the temp drops below the threshold, the thermostat tells the heaters to turn on and re-engage. Visit our [Infrared Hot Yoga Support Page](#) and [Operation Guide](#) for additional information.

2. What is the difference between away and sleep?

Sleep is required at the end and beginning of every day's schedule. Away can be used in between classes or longer vacation periods. On our [Ecobee FAQ page](#) there is a video tutorial at the bottom of the page for scheduling so you can follow along. Scheduling starts at the 8 minute mark and must be done on a laptop.

3. If we set the heaters to different temperatures throughout the day, do the heaters automatically start heating/turning off to begin warming/cooling by the time designated or do they turn on at the time specified? (i.e. We have the heaters set to 88 degrees at 6 am and then set to 80 degrees at 9:15 am...will the heaters begin cooling down before 9:15 am or will they begin cooling at 9:15 am on the dot?)

On the schedule when your thermostat is scheduled for the temperature, this is when the heaters will be called to turn on or off depending on the temperature. To put this a different way, when you want your studio to be 90° at 7 AM when the class starts, you should change the



schedule for the heat to begin at 6 AM if it takes your studio an hour to heat up. Per your example, the heaters will begin cooling down at 9:15 AM.

Visit our [Ecobee FAQ page](#) for additional information, and also [Ecobee Support](#) is a great resource if you have any questions about troubleshooting or need thermostat support. They are able to see the software and schedule on the Ecobee account and will be able to assist!

Also, if you use a schedule we recommend setting a passcode to prevent tampering with the temperature. Manual changes at the thermostat may disrupt the schedule and cause heaters to turn on when not needed or not automatically resume in the morning. Follow the below steps:

- Menu
- Settings (preferences & defaults)
- Access Control
- Enable Security Code
- Enter in a four-digit passcode that you want to use with the thermostat in order to unlock it
- Save
- Select all features that will require a passcode in order to change them. You can simply tap "All" in order to lock the thermostat entirely
- Tap the back arrow in the top left corner to Home
- Thermostat will have to go into standby mode before the passcode is activated

