What’s nodemon?

With that in place, we'll need a way to restart the server every time we change something in our code. For that, we'll use the excellent nodemon npm package.

You don't say which files you're talking about so I'll mention the issues with a couple different types of files.

For Javascript files that make up your Javascript code for your node.js server, node.js is a continuously running server. That means when the server starts up, it parses your Javascript code into memory and then starts executing it. That server process stays running until you stop it. Because node.js is a continuously running server, if you want to update the Javascript files that make up the server code, you have to stop the server and restart it to let it load and reparse the newly changed source files.

For HTML files or Javascript files that are served by the server and delivered to the browser, you will generally not have to restart the server for the new versions of those files to be served on subsequent browser requests. But, this depends a bit on which server framework you are using and how exactly it implements file caching. This behavior is not specific to node.js, but would be built into whatever code you were using to serve files by your web server (e.g. Express or something like that).

Webpack does the same for the browser side?

Then webpack appeared and along with that webpack-dev-server which automatically reloads the page when a change happens. That works perfectly when you are developing a pure client-side app.