



Computer Sleep Mode/Power Management Tip Sheet

Enabling the power-management, or “sleep mode,” settings on a work computer and monitor can save up to \$50 annually per computer annually on electric bills.

Here are answers to some common questions to help you do it:

Q: What does putting a computer and monitor in “sleep mode” mean exactly?

A: Sleep mode puts the computer and monitor in a low-power, energy-saving mode after they are inactive for a pre-selected number of minutes. The Environmental Protection Agency recommends setting computers to enter sleep mode after 15 to 60 minutes of inactivity.

Unlike shutting a computer down manually, sleep mode does not fully turn off the computer. A computer and monitor in sleep mode will quickly resume full activity – with all open programs and documents as you left them – with a shake of the mouse or touch of a key. (Keep in mind that using a screensaver does not save energy – it only prevents damage to your computer screen.)

Q. So how do I enable the power management/sleep mode settings on my computer?

A. It usually takes just a few minutes. On most computers, you will find the power-management settings in the control panel. Here are instructions on how to set sleep mode settings on various operating systems:

Windows 2000:

http://www.energystar.gov/index.cfm?c=power_mgt.pr_power_mgt_manual_act_win2000

Microsoft Windows XP:

http://www.energystar.gov/index.cfm?c=power_mgt.pr_power_mgt_manual_act_winXP

Microsoft Windows Vista:

http://www.energystar.gov/index.cfm?c=power_mgt.pr_power_mgt_manual_act_winVista

Mac:

http://www.energystar.gov/index.cfm?c=power_mgt.pr_power_mgt_manual_act_mac

Q. Anything else I should know?

A. If your computer is on a work network, check with your IT manager before enabling power management settings to ensure you will still receive necessary updates to your computer.

Have questions or need help? Call Energy Smart anytime at (651) 292-4652.