



## 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](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](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](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](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.***