

# Using Computer Power Management

## What is power management?

- Puts monitor, hard drive or computer into “sleep” mode when inactive
- Computer, hard drive and monitor “wake” in seconds
- Standard in Windows and Macintosh operating systems
- Reduces energy consumption, cooling costs and noise, and prolongs the battery life of laptop PCs

### Recommended power management settings:

- Monitor/display sleep: Turn off after 15 minutes or less
- Turn off hard drives/hard disk sleep: After 15 minutes or less
- System standby/sleep: After 30 minutes or less

*When enabled, power management can save  
>600 KWh per year, or >\$60 in energy savings\**



\*At an energy rate of \$0.106 per KWh.

