

PUTTING YOUR COMPUTER TO SLEEP

When you're not using your computer, you can save energy by putting it to "sleep." When your computer is in sleep, it's turned on but in a low power mode. It takes less time for a computer to wake up from sleep than it does for the computer to start up after being turned off.

You can put your computer to sleep right away by choosing Apple menu > Sleep. You can also choose to put the computer to sleep automatically when your computer has been inactive for a specified amount of time. You can also set only the display to sleep. If your computer is in the middle of a task that you want to let finish while you are away (for example, burning a DVD), you should set only the display to sleep.

MACS

To set the timing for your computer to sleep:

- 1 Choose Apple menu > System Preferences, and then click Energy Saver.
- 2 Click Sleep. Click Show Details, if necessary, to see the sleep settings.
- 3 Drag the top slider to set how long the computer should be idle before going to sleep.
- 4 If you want to put the display to sleep before the whole computer, select the checkbox labeled "Put the display to sleep when the computer is inactive for" and drag the bottom slider to set the timing for putting the display to sleep.
- 5 To put only the computer's hard disk to sleep whenever it's inactive, select the checkbox labeled "Put the hard disk(s) to sleep when possible."
- 6 To wake your computer from sleep, press a key on the keyboard or click the mouse.

To set a daily schedule for putting your computer to sleep (or turning it off and on), click Schedule and select options.

You can set more detailed options for waking and restarting your computer in the Options pane of Energy Saver preferences.

On iBooks and PowerBooks, the computer automatically sleeps when you close the lid.

For more information about putting your computer to sleep, click "Tell me more."

PCs

To automatically put your computer on standby

Open [Power Options](#) in Control Panel.

1. In **Power Schemes**, click the down arrow, and then select a [power scheme](#). The time settings for the power scheme are displayed in **System standby**, **Turn off monitor**, and **Turn off hard disks**.
2. To turn off your monitor before your computer goes on standby, select a time in **Turn off monitor**.

3. To turn off your hard disk before your computer goes on standby, select a time in **Turn off hard disks**.

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Notes:

- To open Power Options, click **Start**, click **Control Panel**, and then double-click **Power Options**.
- You might want to save your work before putting your computer on standby. While the computer is on standby, information in computer memory is not saved to your hard disk. If there is an interruption in power, information in memory is lost.
- To create a new power scheme, specify the time settings you want, and then click **Save As**.
- If you're using a portable computer, you can specify one setting for battery power and a different setting for AC power.
- To put your computer on standby, you must have a computer that is set up by the manufacturer to support this option.
- Using Power Options in Control Panel, you can adjust any power management option that your computer's unique hardware configuration supports. Because these options may vary widely from computer to computer, the options described may differ from what you see. Power Options automatically detects what is available on your computer and shows you only the options that you can control.