Energy Saving Options On Your Computer

Facts:
- The surge of power used by a CPU to boot up is far less than the energy used by the unit when left on for over three minutes.
- Screen savers were originally designed to help protect the lifespan of monochrome monitors, which are now technologically obsolete. Most screen savers do not save energy unless they actually turn off the screen or, in the case of laptops, turn off the backlight.
- A computer left continuously running will emit 2161 pounds of CO_2 in a year and cost $45 a year to power at $0.0372 per kWh. (said to contribute to global warming).
- Turning a computer off at night so it runs only eight hours a day computes to a reduction of 810 kWh per year, or a 67 percent yearly savings.
- Energy Star compliant computer in sleep mode uses 70 percent less electricity than units without power management features.

*Facts courtesy of Ohio University (www.facilities.ohiou.edu/greenpc/)

Refer to the following procedures and checklist for saving energy while at work with your computer: **Creating a "Green Machine", Hibernate Set-Up For Long Periods Of Absence,** and the **Energy Savings Checklist.**

You can create a custom power scheme. Essentially, this assigns a particular time-based trigger for specific power-related functions to occur (i.e. monitor turns off, system stand by, hibernate).

1. Right-click on your desktop and choose "Properties"
2. At the top, click on "Screen Saver" tab
   a. **For optimum energy savings**, choose a screen saver that is predominantly black and set it to "Wait" for five minutes
3. At the bottom, click on the "Power" button
4. On the "Power Option Properties" window the default tab is "Power Schemes"
5. There are several pre-determined "schemes" set up for you that you can simply choose from the drop down list.
6. If you would like, you can then customize it further by assigning a specific time to each device.
   a. **For optimum energy savings**, select 10 minutes for the "Turn off monitor" box.
   NOTE – It is recommended that you leave "Turn off hard disks" set as "Never".
7. For clarification, "hibernation" is simply a deeper sleep than "stand by".
8. Remember that in this section, event triggers are based on time, so you might want to leave "Hibernate" at "Never". This way, it will only do so when manually performed by you in the afternoons.
9. Once you have selected the appropriate times, click "Apply" and then "OK" to exit the properties windows.

Hibernate Set-Up For Long Periods Of Absence
1. Right-click on your desktop and choose "Properties"
2. At the top, click on "Screen Saver" tab
3. At the bottom, click on the "Power" button
4. On the new window, click on the "Hibernate" tab at the top
5. Click on the checkbox to enable the hibernation feature
6. Click "Apply"
7. Click "OK" on both windows to exit

From this point, your computer will be able to hibernate rather than fully shutting down the machine. To activate hibernate, simply click on "Start" and then "Shut Down" (you can also can press Alt + F4 from the desktop), but rather than opting to shut down the machine completely, choose "Hibernate". The computer will react in the same fashion as a normal shut down – except when you start up the next morning, it will only take a couple seconds to start up.

Energy Savings Checklist
- Enable the standby/sleep mode and power management settings.
- Power off your monitor when not in use instead of using screensavers.
- Do not leave the computer running overnight and on weekends.
- Choose dark backgrounds for your screen display.
- Do not use bright-colored displays, which consume more power.
- If you have a personal printer, do not turn it on until you are ready to print out your documents.
- Keep computer off until it is to be used.
- Reduce the light level in the room when working on the computer.
- Use double-sided printing functions.
- E-mail communications as an alternative to paper memos and fax documents.