



Greening Your MIT Department

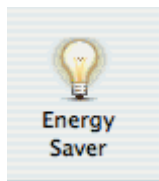
Computer Energy Saving Setting Instructions – Mac OS

Power management and energy saving recommendations for Mac OS from MIT's IS&T.

Configuring the Energy Saver For Mac OS

IS&T recommends energy saver configuration settings that you can use when your machine is plugged into a power adapter or when you are using your laptop battery.

1. From the **Apple menu**, go to **System Preferences**.
Locate the the Hardware section, and click on the **Energy Saver** icon.

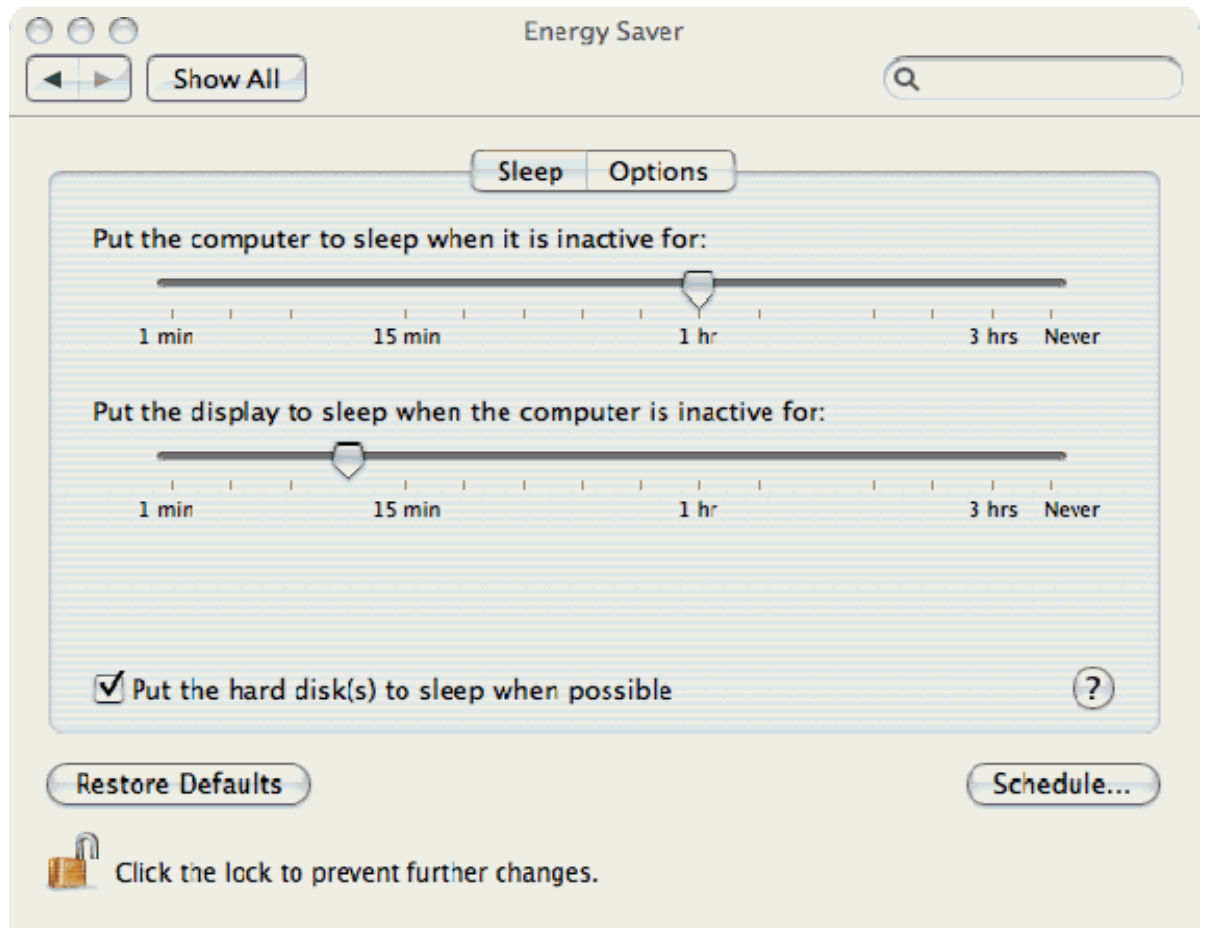


Results For: [Desktop](#) | [Laptop](#)

Desktop Settings

IS&T recommends that you configure the **Sleep** settings for a desktop computer as follows:

- Put the computer to sleep when it is inactive for: **1 hour**.
- Put the display to sleep when it is inactive for: **10 minutes**.
- Check the box for **Put the hard disk to sleep when possible**.



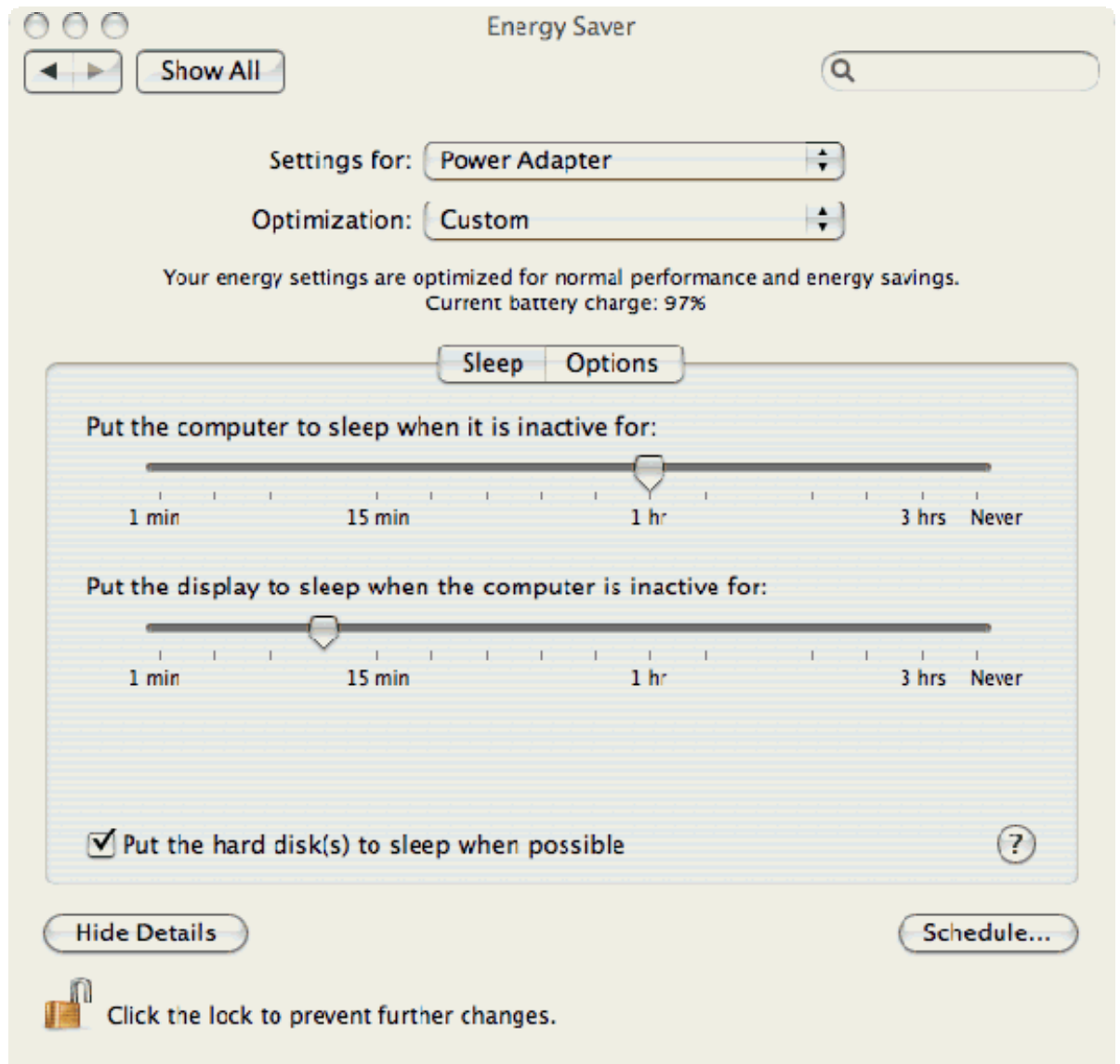
Laptop Settings

IS&T recommends different settings for Power Adapter and Battery.

- **Settings for *Power Adapter***

IS&T recommends configuring the **Sleep** settings when using a power adapter with your laptop as follows:

- Put the computer to sleep when it is inactive for: **1 hour**.
- Put the display to sleep when it is inactive for: **10 minutes**.
- Check the box for **Put the hard disk to sleep when possible**.



- **Settings for *Battery***

IS&T recommends configuring the **Sleep** settings when using a battery with your laptop as follows:

- Put the computer to sleep when it is inactive for: **15 minutes**.
- Put the display to sleep when it is inactive for: **3 minutes**.
- Check the box for **Put the hard disk to sleep when possible**.

