



# Energy Saving Tips



## TIP OF THE WEEK

### COMPUTERS

## COMPUTERS, LAPTOPS, MONITORS

- **Make sure that your computer's power supply is 80 Plus Certified** – meaning that it is at least 80% efficient.
- **Turning down the brightness of the computer monitor also saves energy.** Configure your monitor to turn off or enter power-saving mode after 20 minutes (or less) of inactivity.
- **Turn off the monitor instead of using a screensaver** - turning off the monitor instead of running screensavers saves lots of energy.
- **Disable laptop devices that are not needed (e.g. if you use the built in network adapter and a cable to connect to the Internet you probably do not need Wi-fi, Bluetooth or infrared).**
- **Turn off the computer,** unless you share folders with other users, or use remote desktop to access your computer. Before you leave the office **make sure that all hardware and extra peripherals are turned off.**
- **Plug all equipment into a smart (power) strip,** that allows you to shut down all peripheral devices (monitor, printers, speakers, Internet router, etc.) by turning off your computer.
- **Share hardware where appropriate** - Hardware like printers, scanners or routers that are connected to a computer system are also using power. A way to save energy is to share these devices where possible.





# Energy Saving Tips



## Computers, laptops, monitors

IT equipment consumes more than 25 percent of all global commercial energy - computer systems are demanding more power than before, due to factors like faster video cards or processors, larger hard drives and other components. The good news is that with a few small adjustments we can save a significant amount of energy related to our computer use.



Try the following tips in the office. Not all of them apply to every machine and system, so choose the ones that work for you.

- 1. 80+ power supply** – Make sure that your computer’s power supply is 80 Plus Certified – meaning that it is at least 80% efficient (See [80 Plus Power Supply Units](#)).
- 2. Turn down the brightness** - Turning down the brightness of the computer monitor also saves energy. Configure your monitor to turn off or enter power-saving mode after 20 minutes (or less) of inactivity.
- 3. Turn off the monitor instead of using a screensaver** - Screensavers do not save energy, so turning off the monitor instead of running screensavers saves lots of energy.
- 4. Disable devices that are not needed** - Laptops come with all sorts of devices that a user might not need and these devices - if enabled - consume energy. If you use the built in network adapter and a cable to connect to the Internet you probably do not need Wi-fi, Bluetooth or infrared.
- 5. Turn off the computer**, unless you share folders with other users, or use remote desktop to access your computer. Before you leave the office **make sure that all hardware and extra peripherals are turned off.**

### Basic turn-off guidelines

- Turn off the monitor if you are not going to use your PC for more than 15-20 minutes.
- Turn off both the CPU and monitor if you are not going to use your PC for more than 2 hours.

Many people think that turning off a computer will reduce its lifetime and also it needs more power to turn the computer off and on again than to put it to hibernate mode. In fact the small amount of energy the computer needs to start is still less than the energy used when the machine is running for long periods of time. And the less time a PC is on, the longer it will last. PCs also produce heat, so turning them off reduces energy used for cooling in the summer.



- 6. Share hardware where appropriate** - Hardware like printers, scanners or routers that are connected to a computer system are also using power. A way to save energy is to share these devices where possible.





# Energy Saving Tips



**7. Plug all equipment into a smart (power) strip** - A smart strip allows you to plug your computer into the main outlet and several other devices into the other slots on the strip. When the computer is on, the other outlets receive energy and when the computer is shut off, the power is cut to the monitor, the printers, the speakers, the internet router, and any peripheral equipment.

**+ tip: Buy energy efficient products - By choosing** energy efficient products you can save energy already at the start ☺ Look for logos like the Energy Star on computer hardware as it offers a good energy efficiency, or buy EnergyStar 4.0 compliant equipment, as those specifications are very tight on energy use. An EnergyStar 4.0 computer uses about 25% of the energy that a non-EnergyStar machine can use.

## Did you know?

- ENERGY STAR monitors consume 2 watts or less in sleep mode.
- A printer and speakers left idle can easily drain 40 watts.

## Top tips for champions

Learn how to change the power management settings on your computer. Windows users need to look for the Power Options settings in the Control Panel, and make the necessary settings to save energy during the operation of the machine. Mac users need to adjust the Energy Saver preferences, and reduce the time for the computer to go to sleep mode.

## You can also...

Download free energy saving PC software from the Internet that feature different customizable power schemes. With these you can save energy by automatically switching off the monitor, the hard drive and the whole computer after a certain period of time. See more information on the computers also in the Green Clicks Tool. **PARTNERS - put the link of your national site**

**Source(s):** <http://www.ghacks.net/2009/05/29/7-computer-energy-saving-tips/> and <http://energy.gov/energysaver/energy-efficient-computer-use>



## More on smart power strips

