Aston University

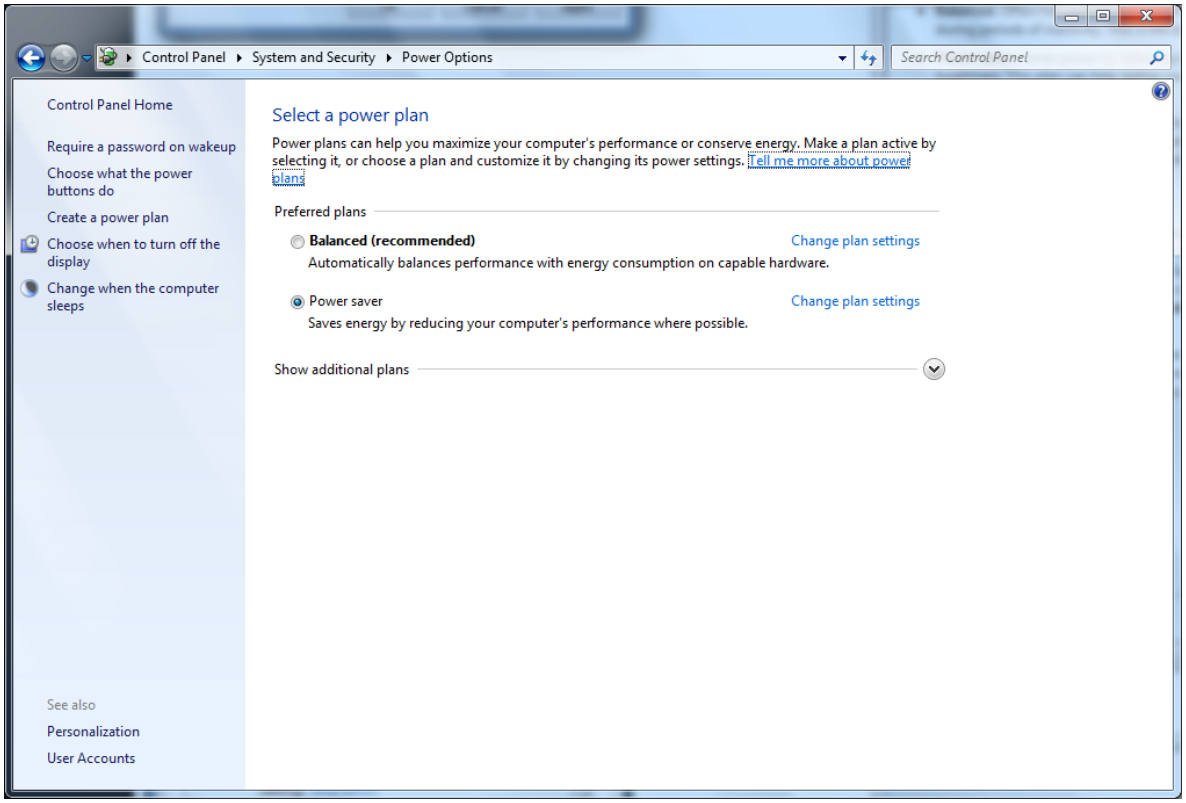
Go Green Awards

Top Tips: Power-Down

A great (and easy) way to save energy is by setting your PC to operate on the most energy-efficient setting.

In order to do this, you should:

1. Go to ‘Control Panel’ via the start menu
2. Select ‘System and Security’
3. Select ‘Power Options’
4. Under ‘Select a power plan’ you should choose ‘Power saver’

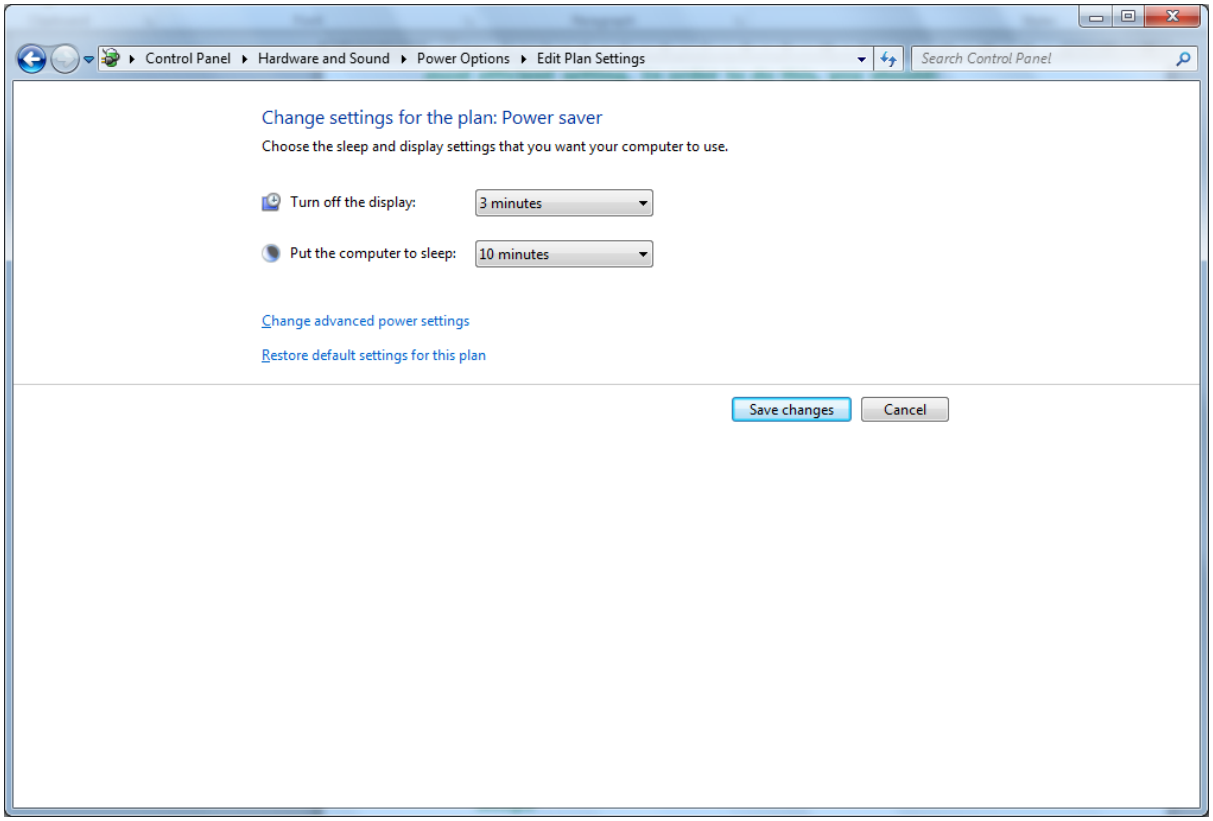


You should also program your PC to power-down when it has been idle for a certain length of time.

You can do this via the following steps:

1. Follow steps 1-3 above
2. On the left hand menu, select ‘Change when the computer sleeps’

3. Select the time required using the drop down menu
4. Press ‘Save changes’



Once you’ve done this you can still help to save even more energy by remembering these simple tips:

- Always turn all equipment off overnight, at the mains. Remember to turn off your screen and any peripherals (printer / scanner / speakers / etc.). Please note that it is important that you shut down your computer correctly by selecting ‘Start’ > ‘Shutdown’.

- Always turn off your computer screen when you leave your desk, even for a few minutes. Screen savers don’t save energy significantly, so it’s important to turn off screens.

- Don’t use the hibernate function on your computer; due to the way windows operates when connected to a network this setting can cause potential data loss.

If you do not have the admin rights to make these changes or you need any advice, you can always contact ISA for assistance via their Help Desk – ext. 3445 or isa_helpdesk@aston.ac.uk