Suggested Energy Settings for Apple Macintosh Computers

For Laptops Only

1. **To change energy settings:**
   Click the Apple logo (top left of screen) > System Preferences > Energy Saver

   ![System Preferences](image)

2. **Configuring power settings for Power Adapter**
   - Select Power Adapter for the Settings field then select Custom for Optimization.
   - Using the slider chose 1 hour for time allowed for the computer to sleep, choose 15 minutes for displays to sleep. Lastly check - Put the hard disk(s) to sleep when possible.

   ![Energy Saver Settings](image)
3. **Configuring power settings for Battery**
   - Select Battery for the Settings field then select Custom for Optimization.
   - Using the slider chose **20 minutes** for time allowed for the computer to sleep, choose **2 minutes** for displays to sleep. Lastly check - **Put the hard disk(s) to sleep when possible.**

For Desktops only

1. **To change energy settings:**
   Click the Apple logo (top left of screen) > System Preferences > Energy Saver
2. **Configuring Energy Saver**

   The padlock at the bottom left of the window must be unlocked for the following steps:
   - Using the slider chose 1 hour for time allowed for the computer to sleep, choose 15 minutes for displays to sleep. Lastly check - *Put the hard disk(s) to sleep when possible.*