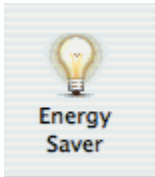


# IT Energy at MIT Initiative - Configuring the Energy Saver for Mac OS

## IT Energy at MIT Initiative - 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.

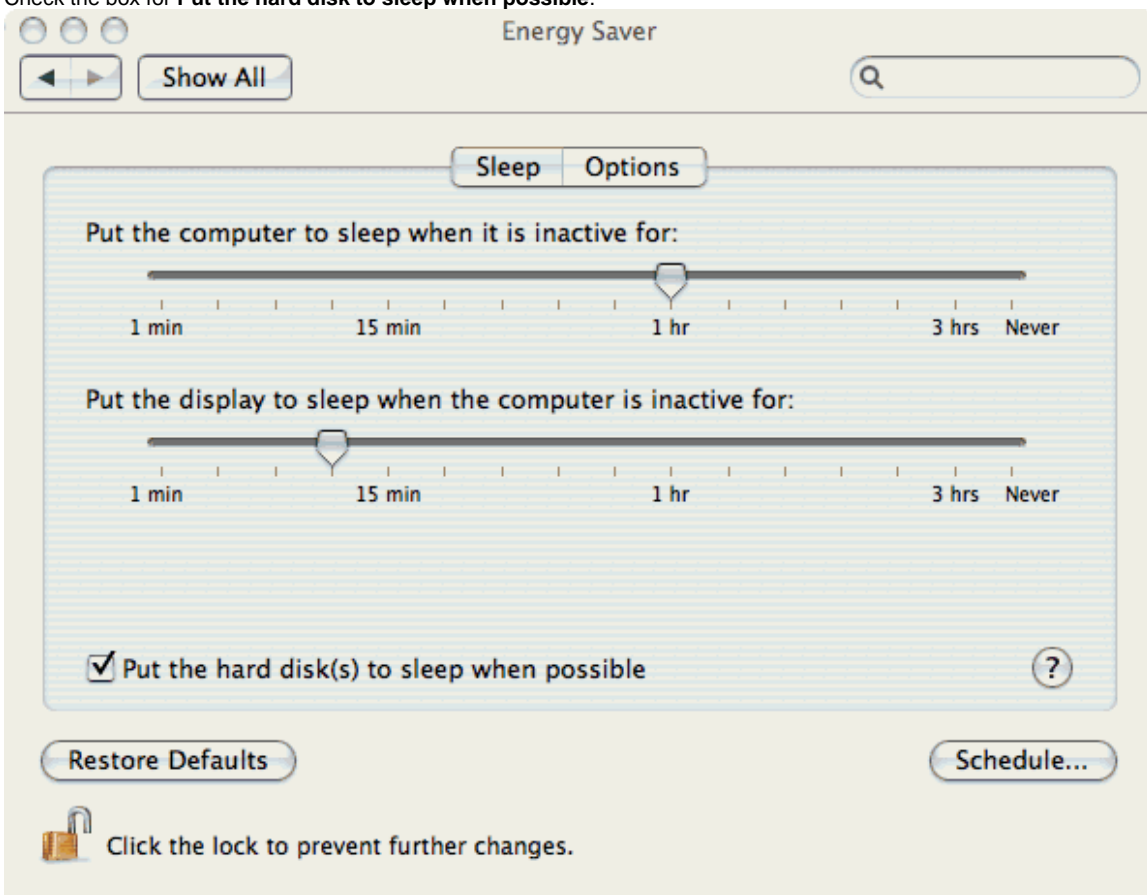


Results for: [Desktop](#) | [Laptop](#)

### 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**.



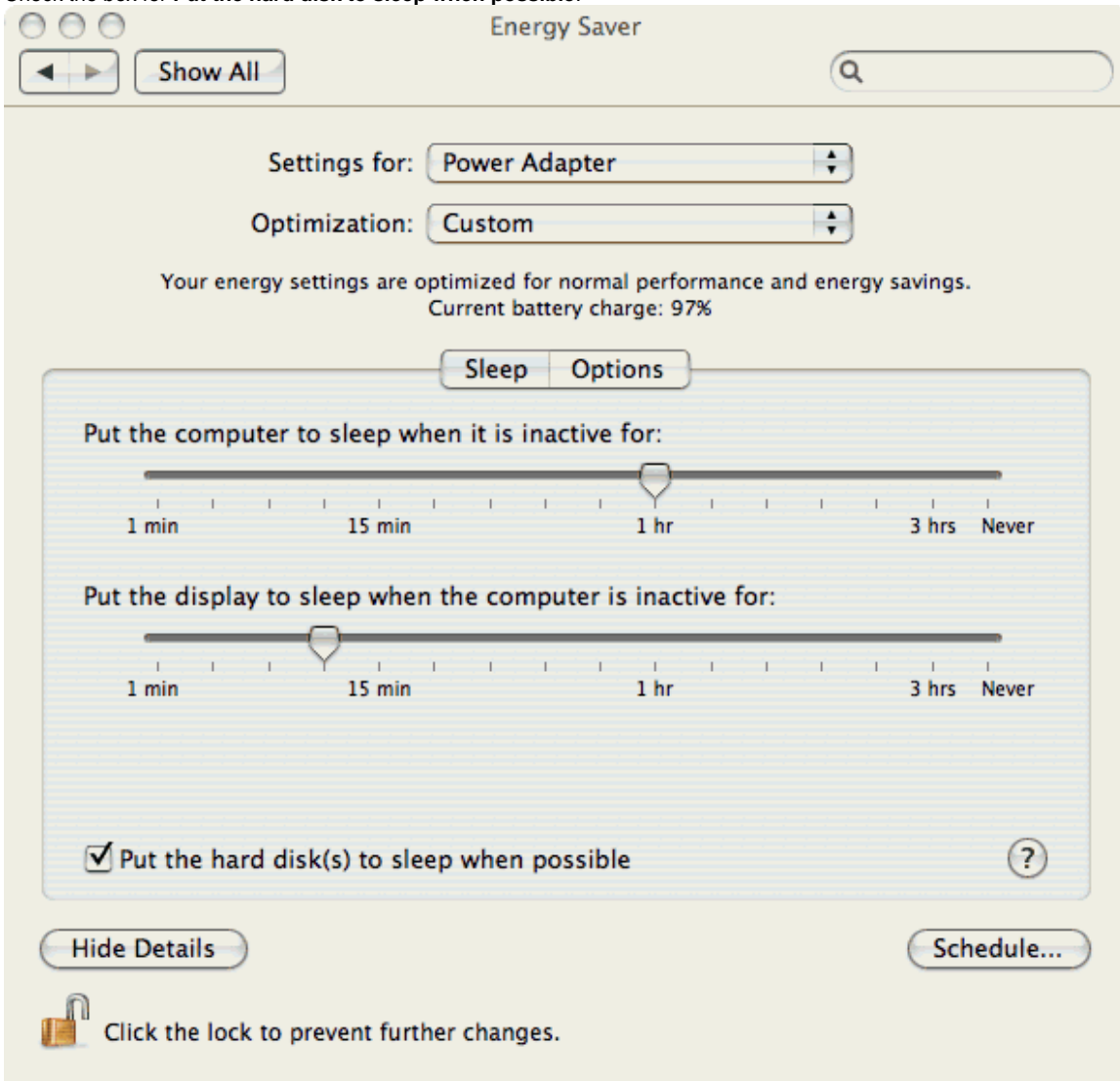
## Laptop Settings

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:

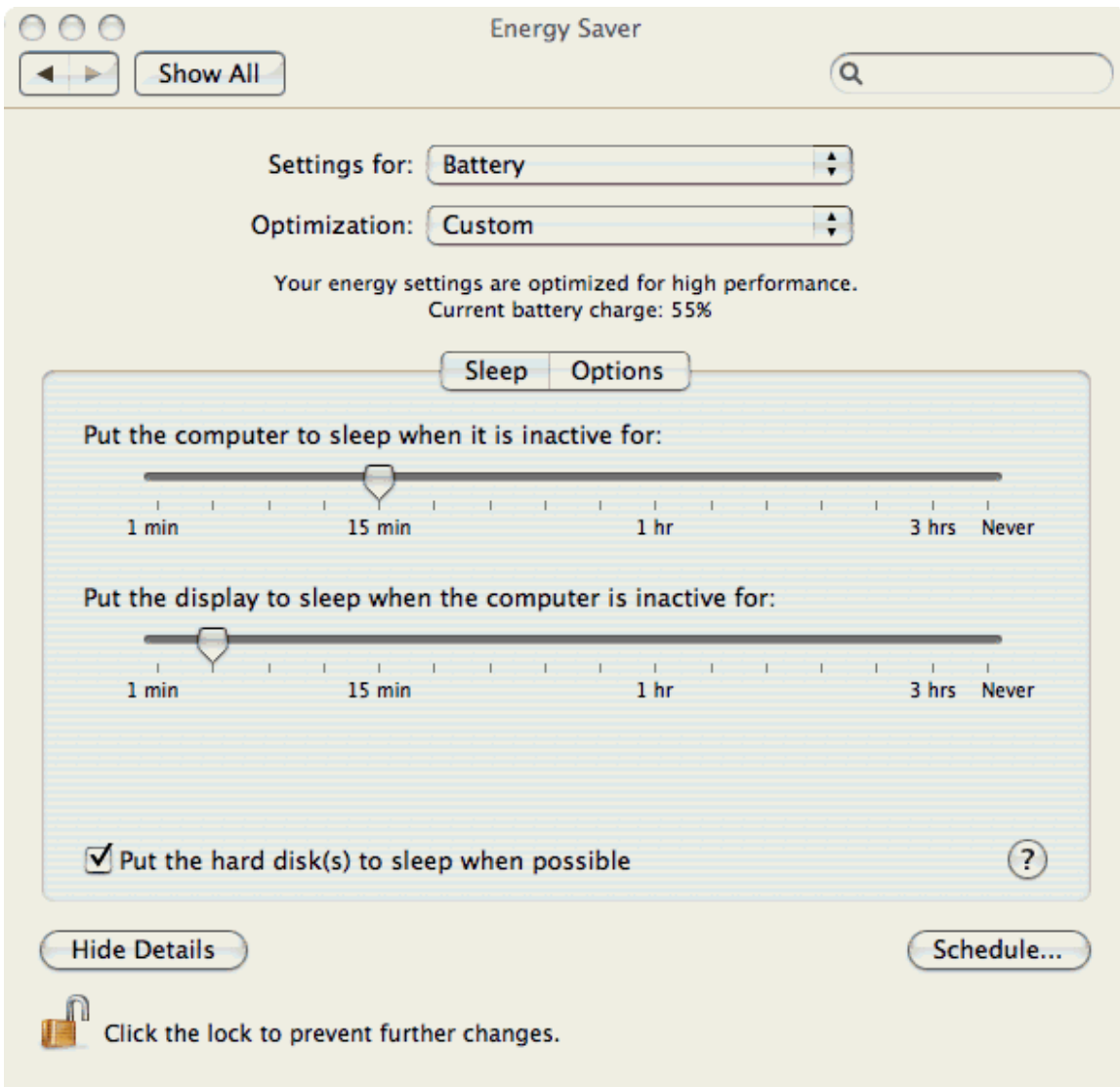
- Put the computer to sleep when it is inactive for: **1 hour**.
- Put the display to sleep when it is inactive for: **10 minutes**.
- Check the box for **Put the hard disk to sleep when possible**.



### 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**.



## Related Links

[MIT Energy Initiative](#)  
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