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**.
Energy Saver

Settings for: Battery
Optimization: Custom

Your energy settings are optimized for high performance.
Current battery charge: 55%

Sleep
Options

Put the computer to sleep when it is inactive for:

1 min 15 min 1 hr 3 hrs Never

Put the display to sleep when the computer is inactive for:

1 min 15 min 1 hr 3 hrs Never

☑️ Put the hard disk(s) to sleep when possible

Hide Details
Schedule...

Click the lock to prevent further changes.