



Indiana University East

Start Practicing Green Computing



**Reduce your impact on
the Environment in two
simple steps!**

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written by Walter Simpson, University
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RIGHT NOW: STEP 1

Enable Your Power Management Feature

Most computers and monitors can be programmed to automatically power down to a low power state (also called “sleep” or “standby”) when they are not being used. The EPA has estimated that enabling sleep mode reduces a computer’s energy use by 60 to 70 percent!

Remember, the more equipment you enable for sleep—and the shorter the period of inactivity before it kicks in—the more energy you save.

For Windows Office 2007

1. Click “Start” (bottom left corner).
2. Click on “Control Panel.”
3. Select “Power Options.” From here you can enable your system, monitor, and hard drive to go to standby mode after a certain period of inactivity.

To manually put the computer and monitor to sleep:

1. Click “Start.”
2. Go to “Shut down” or “Turn off computer.”
3. Select “Standby” from the drop-down menu.

For Macintosh

1. Select “System Preferences” from the dock (OSX) or click on the Apple and select “Control Panels” (OS9).
2. Select “Energy Saver.”
3. Under the “Sleep” tab you can enable your computer, display, and hard disk to go to sleep mode after a certain period of inactivity.

To manually put the computer and monitor to sleep: Click on the Apple (OSX) or go to “Special” on the menu bar at the top of your screen (OS9).

Waking Up from Sleep Mode

Just hit a key to quickly wake up your system

ONGOING: STEP 2

- When not in use for an extended period of time, turn off your computer and/or peripherals (monitor, printer, etc.)
- Don’t run your computer continuously (unless it is in use continuously)
- Turn off everything at night and on weekends.

Helpful Suggestions

Look for ways to reduce the amount of time your equipment is on without affecting your productivity.

- If practical, break the habit of turning on your computer equipment at the start of the day.
- Set your system to sleep—or turn off your monitor and printer—when you go to lunch or will be out for a meeting, class, or errand.
- If you use a laser printer, enable its “power save” feature (see manufacturer’s instructions for details). This is a great idea for copiers, too.
- Don’t turn on your printer until you’re ready to print.
- Most new computers support “hibernation,” which is a lower power mode than sleep or standby. See your owner’s manual for details.
- Avoid using the switch on a power strip to turn on your equipment—turn on only what you need.

FAQS

Won’t turning equipment on and off shorten its life?

No. You are far more likely to replace your equipment due to obsolescence! Heat and time are the primary wear factors. Hard drives are designed to handle many thousands of on/ off cycles.

TIP: Do you have a flat panel display? Turning it off when not in use not only saves energy, but will conserve the backlight and extend the life of your monitor.

I thought my computer used about the same wattage as a light bulb. So what’s the big deal?

A typical desktop PC system is comprised of a computer, a monitor, and printer. Your computer may require anywhere from 100 to 400 watts of electric power. Add 50 to 150 watts for a 15–17 inch color monitor, proportionately more for larger monitors. The power requirements of conventional laser printers can be as much as 900 watts when printing, though much less if idling in a “power save” mode.* Ink jet printers use as little as 12 watts while printing and five watts while idling. Thus, a typical PC system uses electricity at the rate of 160–1400 watts or more. When this energy use is multiplied by the many thousands of systems in use at IU—the energy waste dollars add up quickly.

Is using a screen saver a good way to save energy?

Screen savers do not save energy. The best screen saver is also the best energy saver: turn off your monitor when you’re not using it. The next best screen saver is using your computer’s power management feature to automatically put the monitor to sleep when you’re not using it.