

Vermont Campus Energy Group



Sleep Is Good



What is it?

- A power management system that allows computers to turn off their monitors and/or other hardware if it has not been used for 10, 15 or 20 minutes.

How does it work?

- Software is installed on individual and/or networked computers to automatically put computer monitors and other hardware into “sleep mode”.

How much does it cost?

- There is no product fee for implementing power management software. The only costs are the time it takes IT to install the software.

What’s the payback period?

- Immediately since costs are minimal.

Benefits

- Saves about \$10-\$60 per computer per year - varying with equipment type, usage, and electricity price.
- Saves about 200 kWh per person per year
- Only cost is the time spent on software installation
- Activate options to turn off only the monitor or other computer hardware for greater savings. Monitors, however, use about 80% of the energy consumed by a computer. Check out a Computer Power Management system used by Yale to increase savings. http://www.energystar.gov/ia/products/power_mgt/Yale_Case_Study.pdf
- Sleep Mode does not damage the computer – in fact, it ensures that the computer won't overheat and adds longevity to the life of the computer.
- Screen savers, contrary to popular belief, do not save energy; the monitor uses the same amount of energy when you are working as it does when the screen is “saving.”

How can we do it?

- Contact your IT department to find out what Power Management systems are already in place and how you can increase savings.
- Sleep Mode can also be enabled on network computers with EZ GPO software, which allows system administrators to enable the system from a central location. Network administrators can go here: http://www.energystar.gov/index.cfm?c=power_mgt.pr_pm_ez_gpo