



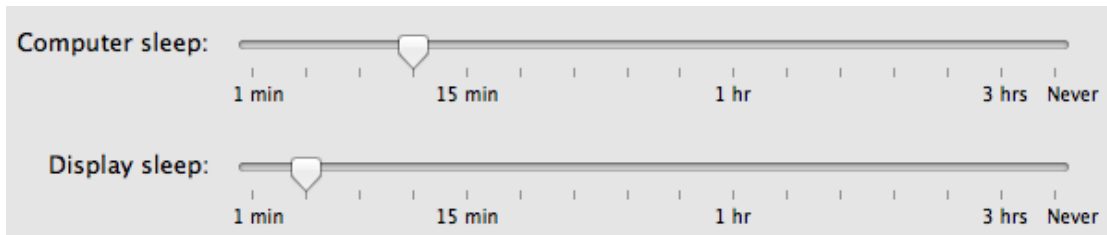
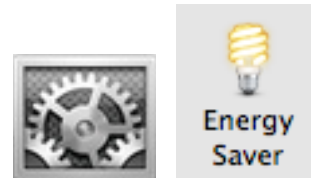
POWER MANAGEMENT

For Apple computers

1. Dock > System Preferences
2. Customize settings in Energy Saver

Suggested Guidelines:

Turn off Monitor: 5 min
System Standby: 20 min



** You can also manage your computer's power manually. Just go to the apple menu and put your computer to sleep.*

For Windows XP laptop and desktop

1. Start > Control Panel > Power Options
2. Customize settings in the Power Schemes tab

Suggested Guidelines:

Turn off Monitor: 5 min
System Standby: 20 min
System Hibernate: 45 min



Power Options

** You can also manage your computer's power manually. Just go to Start > Shut Down > Standby or Hibernate*

ADDITIONAL TIPS

- You can also save energy by using a laptop computer instead of a desktop and monitor
- Screen "savers" actually use energy: turn yours off by going to:
Apple: System Preferences > Screen Saver or *Windows:* Start > Control Panel > Screen Saver