

WHY USE SLEEP MODE?

You can make your computer more energy efficient by putting Windows into sleep mode when you are not using the computer. Sleep mode means that your computer is in a **temporary** low-power state. This saves electricity when your computer is plugged in, and it saves battery power when your computer is unplugged.

In sleep mode, Windows keeps your active apps open. This is handy because it means that when you return from sleep mode, you can immediately get back to where you were.

To access Sleep Mode:

1. Click on the Start button.
2. Click on the Power icon.
3. Click Sleep. This action will activate Sleep Mode.
4. To return from Sleep Mode, either press the power button or shake your mouse.