Changing Sleep Settings for Windows 7 Desktop



From the Start Menu choose Control Panel
Click on Hardware and Sound



3. Under the Hardware and Sound section, click on Power Options





4. You can either choose the Power Saver option which manually gives you energy efficient savings OR click on Change Plan Settings under the Balanced plan.

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· · · · · · · · · · · · · · · · · · ·	Cult Plan Settings
Change settings for the plan	Balanced
Choose the sleep and display settings	that you want your computer to use.
😰 Turn off the display: 🔟	minutes 🔹
9 Put the computer to sleep 20	minutes •
Change advanced power settings	
Restore default settings for this plan	
	Save changes Cancel

5. Reduce the time needed for your display and sleep settings.

