

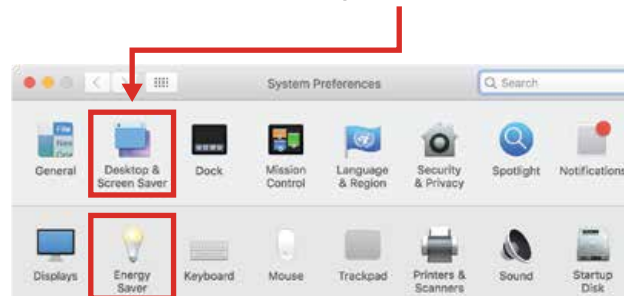
# Computer Power Management

At one time, screensavers were actually used to prevent damage to monitors. Now, screen savers are a **blatant waste of energy**. Instead, turn off your screen saver and set a timed sleep mode.

## Power Management on Mac

1.) Open System Preferences and select "Desktop & Screen Saver."

2.) In the "Start After" menu, select "Never."



3.) Select "Energy Saver."

4.) Set "Turn display off after" to 15 minutes or less.

