

Energy Saving Mode for Computer Users

Most of us here at UAB might not think about our computers actually working overtime, but they are and they're not getting enough sleep...that means energy waste. Without utilizing a low-power sleep mode when they are inactive, our computers are wasting valuable energy. According to Energy Star, which is a program managed by the U.S. Environmental Protection Agency, **“Energy wasted by computers and monitors cost organizations, such as colleges and universities, about \$1.5 billion every year. They use more electricity than all other forms of office equipment combined.** More than half of this energy is wasted because computers and monitors are left on at night and not enabled for power management.” With energy concerns on the rise, the UAB Energy Management team is continually seeking ways to better manage our energy costs and consumption. By allowing our monitors and computers to rest, we can save energy, money, and protect the environment without affecting computer performance.



By simply setting the Power Options on your personal computer, you can take advantage of energy savings without compromising your computer's performance. This power management tool allows computer monitors to go into a low-power sleep mode during periods of inactivity. The monitor awakens upon touching the mouse or keyboard within a few seconds, so it is quick and easy. According to Energy Star, by placing your monitor on the low-power sleep mode, \$10 - \$30 can be saved annually and that's for each monitor. For savings on inactive computers in a low-power sleep mode, \$15 - \$45 can be saved per desktop computer annually. That can lead to substantial savings throughout the campus and hospital.

The Energy Management Department has many energy conservation programs in place, but this is an area in which almost all UAB employees and students can contribute. While we cannot sleep on our jobs, our computers should. It is estimated that we have approximately 20,000 computers and monitors here at UAB. The potential savings and environmental benefits could be quite substantial. **By turning our computers off during after hours and weekends, in addition to the power management tools, we estimate a potential savings of \$509,634.84 annually.** This can reduce our pollution by 10 to 13 million pounds of carbon dioxide each year. That is equivalent to planting almost two thousand acres of trees!

We are encouraging everyone to participate and take advantage of saving energy by utilizing PC Power Management at UAB. It not only keeps our costs down, it is easy. It also **benefits our environment by preventing substantial CO₂ emissions.** With Global Warming and other energy concerns increasing, we need to be proactive at work and at home when it comes to saving energy.

To implement this energy saving feature, simply go to the Start button on your Screensaver tab. You'll see an Energy Star icon inside a Monitor Power box. Select the Power button. This will lead you to the options for turning off monitors and hard disks after a specified amount of time. It is suggested that the Turn off monitor be set at 15 minutes, and the Turn off hard disks be set for after 1 hour. If you have questions, please contact Energy Management at 5-7140 or www.fab.uab.edu/energy. If you need further assistance in implementing this feature, you can contact AskIT at 6-5555, or www.uab.edu/it/askit/.