

Should you turn off your PC at night?

YES!

Please turn me off when you go home.



The US Environmental Protection Agency says
"if you're going home, turn it off!"

Microsoft also comes to the table to address some consumer "myths".

• **MYTH #1 -Turning your PC off uses more energy than leaving it on.**

Not true. The small surge of power you use when turning it on -- which varies per PC make and model -- is still much smaller than the amount you use in keeping it on for lengthy periods.

• **MYTH #2 -Turning your PC on and off wears it out.**

A decade ago, there was something to this, but not today, say Hershberg and others. It used to be that PC hard disks did not automatically park their heads when shut off, and that frequent on/off cycling could damage the hard disks. Today's PCs are designed to handle 40,000 on/off cycles before a failure, and that's a number you likely won't reach during the computer's five-to-seven-year life span.

• **Myth #3 - Screen savers save energy.**

Not true. Screen savers, at a minimum, can use 42 watts; those with 3D graphics can use as much as 114.5 watts, according to Don McCall, a Dell product marketing manager who does power measurement studies for the PC manufacturer. "It's absolutely wrong thinking that a screen saver will save energy," he says.

• McCall says. In "hibernate" mode, your PC uses the same 2.3 watts; in "sleep" mode, your PC uses about 3.1 watts. Monitors do use zero energy

Place your PC on a power bar and turn the bar off at night for best energy saving results.



Clean Calgary Association
Environmental Education, Products & Services