

Kerry's Computer Coaching

Sleeping or Hibernating, saving power!

What's the difference between sleep, hibernate, and hybrid sleep?


Sleep is a power-saving state that allows a computer to quickly resume full-power operation (typically within several seconds) when you want to start working again. Putting your computer into the sleep state is like pausing a DVD player—the computer immediately stops what it's doing and is ready to start again when you want to resume working.

Hibernation is a power-saving state designed primarily for laptops. While sleep puts your work and settings in memory and draws a small amount of power, hibernation puts your open documents and programs on your hard disk, and then turns off your computer. Of all the power-saving states in Windows, hibernation uses the least amount of power. On a laptop, use hibernation when you know that you won't use your laptop for an extended period and won't have an opportunity to charge the battery during that time.

Hybrid sleep is designed primarily for desktop computers. Hybrid sleep is a combination of sleep and hibernate—it puts any open documents and programs in memory and on your hard disk, and then puts your computer into a low-power state so that you can quickly resume your work. That way, if a power failure occurs, Windows can restore your work from your hard disk. When hybrid sleep is turned on, putting your computer into sleep automatically puts your computer into hybrid sleep. Hybrid sleep is typically turned on by default on desktop computers.

How can I prevent my computer from automatically sleeping or hibernating?

You can adjust how long your computer waits before sleeping or hibernating—or prevent it from turning itself off altogether. But be careful. On a battery powered laptop, inhibiting sleep or hibernation can result in data loss if the battery dies. Here's how to prevent your computer from entering a power-saving state:

1. Open Power Options by clicking the **Start** button , clicking **Control Panel**, clicking **System and Security**, and then clicking **Power Options**.
2. On the **Select a power plan** page, click **Change plan settings** next to the selected plan.
3. On the **Change settings for the plan** page, click **Change advanced power settings**.
4. On the **Advanced settings** tab, double-click **Sleep**, double-click **Sleep after**, and then do one of the following:
 - If you're using a laptop, click **On battery** or **Plugged in** (or both), click the arrow, and then click **Never**.
 - If you're using a desktop computer, click **Setting**, click the arrow, and then click **Never**.
5. Double-click **Hibernate after**, and then do one of the following:
 - If you're using a laptop, click **On battery** or **Plugged in** (or both), click the arrow, and then click **Never**.
 - If you're using a desktop computer, click **Setting**, click the arrow, and then click **Never**.
6. If you also want the display to stay turned on, double-click **Display**, double-click **Turn off display after**, and then do one of the following:
 - If you're using a laptop, click **On battery** or **Plugged in** (or both), click the arrow, and then click **Never**.
 - If you're using a desktop computer, click **Setting**, click the arrow, and then click **Never**.
7. Click **OK**, and then click **Save changes**.