



NIH Baltimore Goes Greener!

NIH Baltimore Environmental Management System



Power Down Your Office

Computers & Monitors

NIH is committed to using natural resources responsibly, including our use of energy, by encouraging our employees to use office equipment in an efficient and environmentally sound manner.

Small Actions...

You can take very simple actions to reduce the environmental impact of your daily computer use. Here are some tips on what you can do to conserve energy and lessen your impact when using computers and monitors.

- ✓ Purchase efficient Energy Star® computers and monitors.
- ✓ Activate the power down features to enter into a low power or sleep mode when not in use.
- ✓ Select “blank” as your screen saver choice. Also, activate the Energy Star® features to turn off the monitor after 15 minutes of inactivity.
- ✓ Turn off computers and monitors at the end of the workday.
- ✓ Recycle computers and monitors by contacting the NIH Property Utilization Branch and your Property Custodial Officer.

...Result in Big Differences.

Does taking these small actions really make a difference?

Yes! By enabling the low-power or sleep mode feature on your computer or monitor, you could save energy, money, and protect the environment.

- ✓ Inactive computers that have the low-power or sleep mode enabled can save \$15 to \$45 per computer annually.
- ✓ Inactive monitors that have the low-power or sleep mode enabled can save \$10 to \$30 per monitor annually.


For more information,
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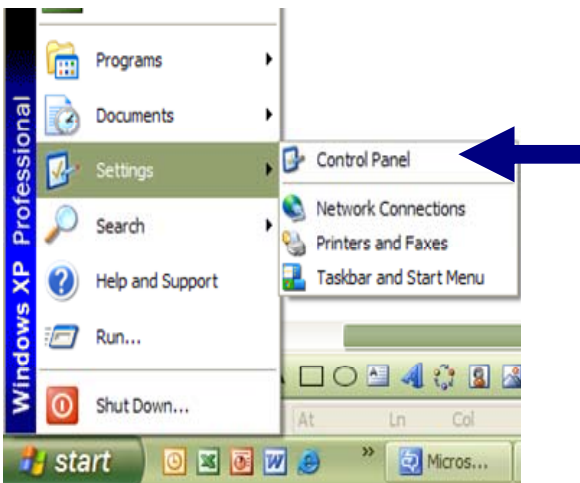
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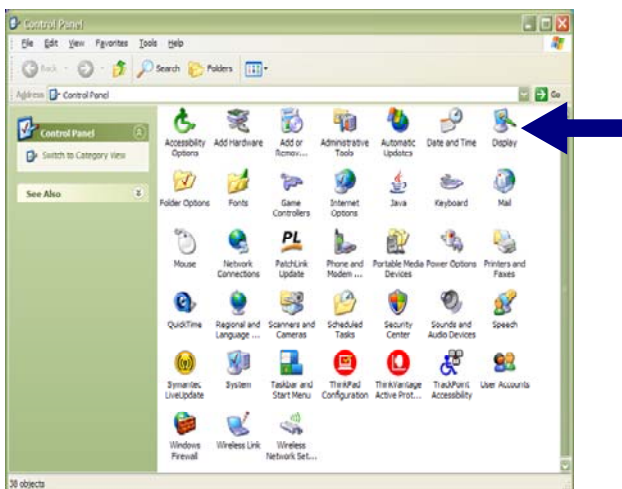
Power Down Features

You can help conserve energy by activating the power down feature in Energy Star® computers and monitors, which will enter into a low-power or sleep mode when not in use. Follow the simple steps below to enable computer and monitor power management features for Windows XP. Windows 95, 98, 2000, and 2003 have similar enabling instructions.

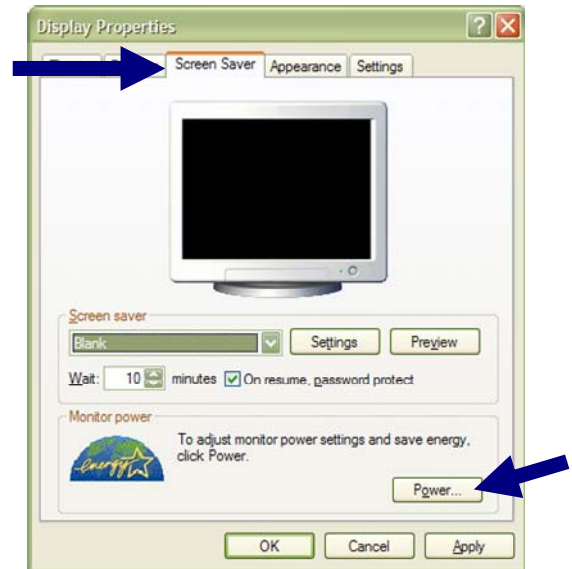
1. Click  at the bottom of the screen.
2. Go to “Settings” and click on “Control Panel”



3. Double-click on “Display”



4. Click on “Screen Saver” and Click on “Power”



5. Select the times:

- ✓ Turn off monitor: After 15 minutes
- ✓ Turn off hard disks: After 15 minutes
- ✓ System standby: Never

