

# How to adjust the Sleep mode on Windows 7

Sleep mode on Windows 7 will help your computer save power, and restart your computer quickly when you click or press any key.

If you do not use the computer for a period of time, but do not want to shut down the computer, turn off the computer completely, you can use Sleep mode. This mode brings the computer back to sleep mode to save maximum power consumption, but can still restart the computer quickly, via mouse click or any key.

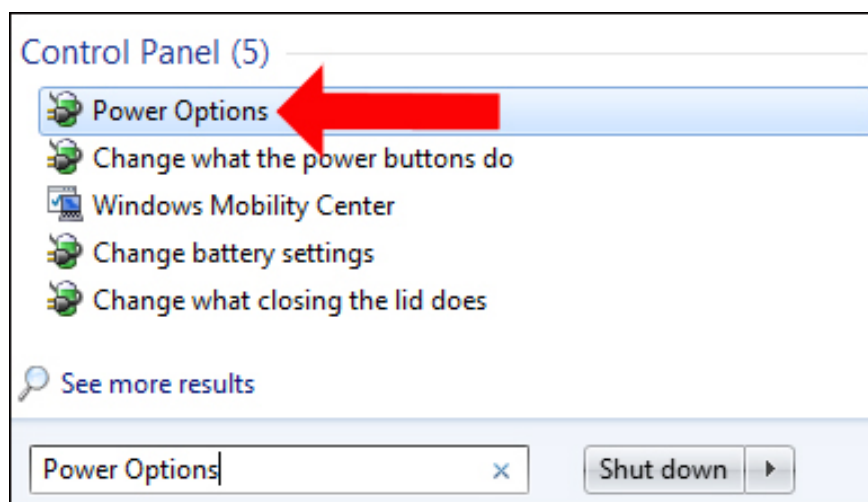
And by default this Sleep feature will not be turned on or the Sleep auto time is too long or too fast, not at the discretion of the user. If so, we can customize the time to turn on Sleep mode on Windows 7 with a very simple way.

1. Turn off, turn on Hibernate mode in Windows 7
2. To enable or disable Sleep mode in Windows 10
3. How to create a hot key for Windows to sleep and shutdown

## How to adjust Sleep time on Windows 7

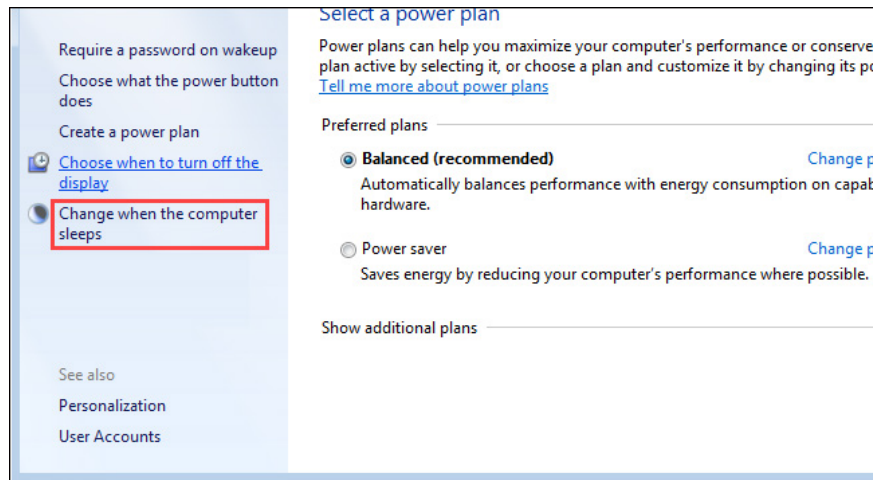
### Step 1:

First, click on **the Start button** icon on the screen interface and enter **the Power Options keyword** in the search bar. Click on Power Options in the list found.



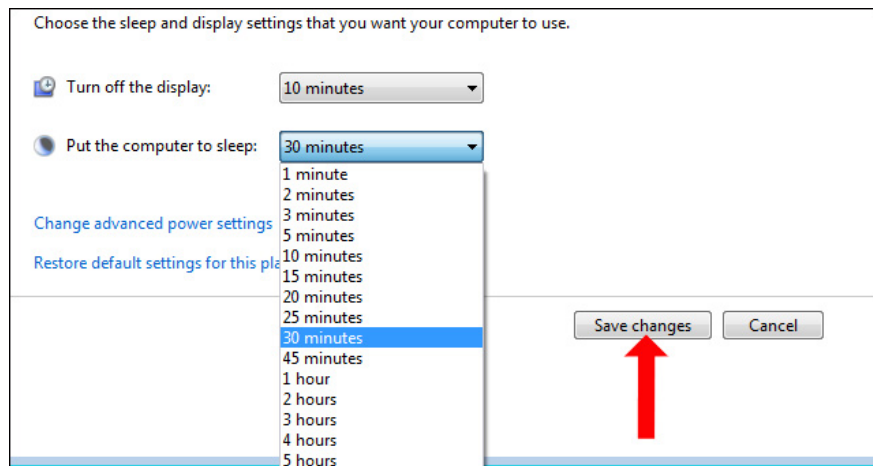
### Step 2:

Appearing the Power Options interface, click on the **Change when the computer Sleeps** management group in the list on the left of the screen interface.



### Step 3:

Switching to the new interface of **Put the computer to sleep**, we will see a **list of time** options for the computer to automatically enter Sleep mode according to each person. When you're done setting the time to click on **Save changes** below to save it.



So with the time set above, the computer will automatically be put into Sleep mode, when we do not use the computer. Users should set the Sleep time more than the time to turn off the screen, to prevent the screen from being locked.

See more:

1. How to disable automatic Sleep mode on Windows 10?
2. How to change screen lock timeout in Windows 10
3. Set the shutdown or hibernate time for the computer

I wish you all success!

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