

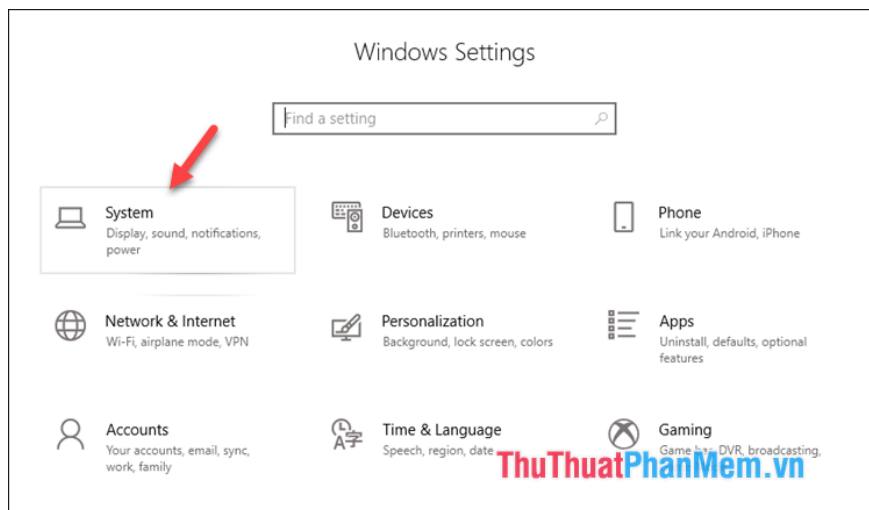
How to adjust the sleep time Windows 10, 7

How to adjust the sleep time Windows 10, 7. Sleep mode on the computer is a very useful feature, this mode will put your computer to sleep state to save maximum power.

Sleep mode on your computer is a very useful feature, this mode will put your computer to sleep state to save maximum power (turn off the screen, hard drive, . but not completely shut down). You can resume the unfinished work quickly by clicking the mouse or pressing any key on the keyboard. By default, this feature will not be enabled or the automatic sleep time is too long or too fast, not at your disposal. So how to adjust the sleep time in windows 10 and windows 7? Invite you to follow the following tutorial of TipsMake.com.

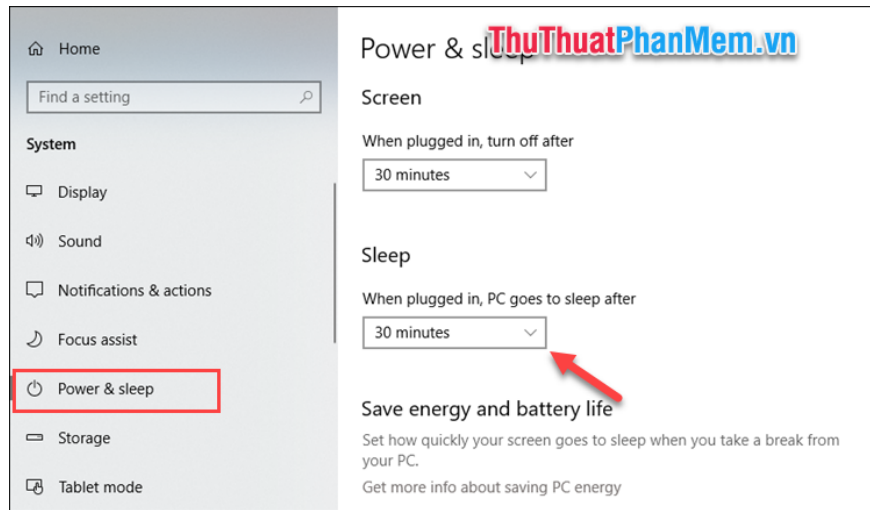
1. Set the Sleep time in Windows 10

Step 1: Open **Settings** in windows 10 then select **System**

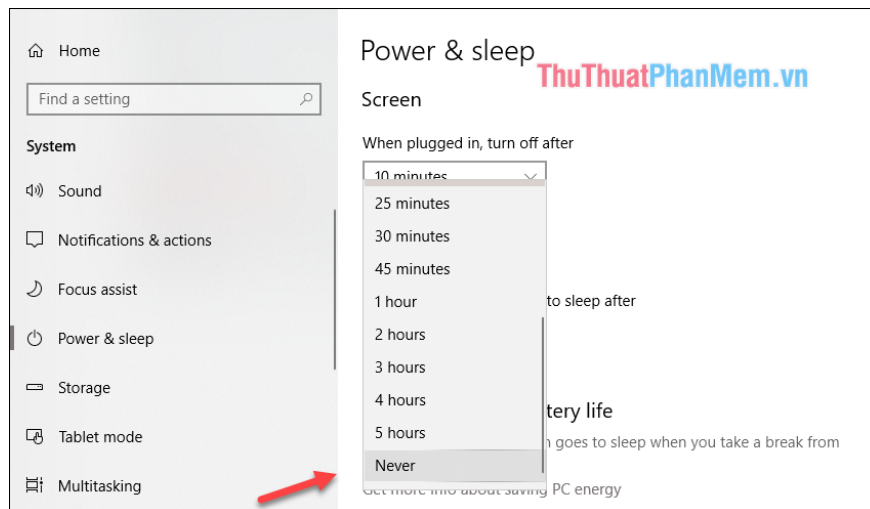


Step 2: Select **Power & sleep** , then in the right window in the Sleep section you can choose the time that the computer will automatically go to sleep when inactive.

Example : Here we choose 30 minutes, then after 30 minutes you do not use, the computer will automatically enter sleep mode.

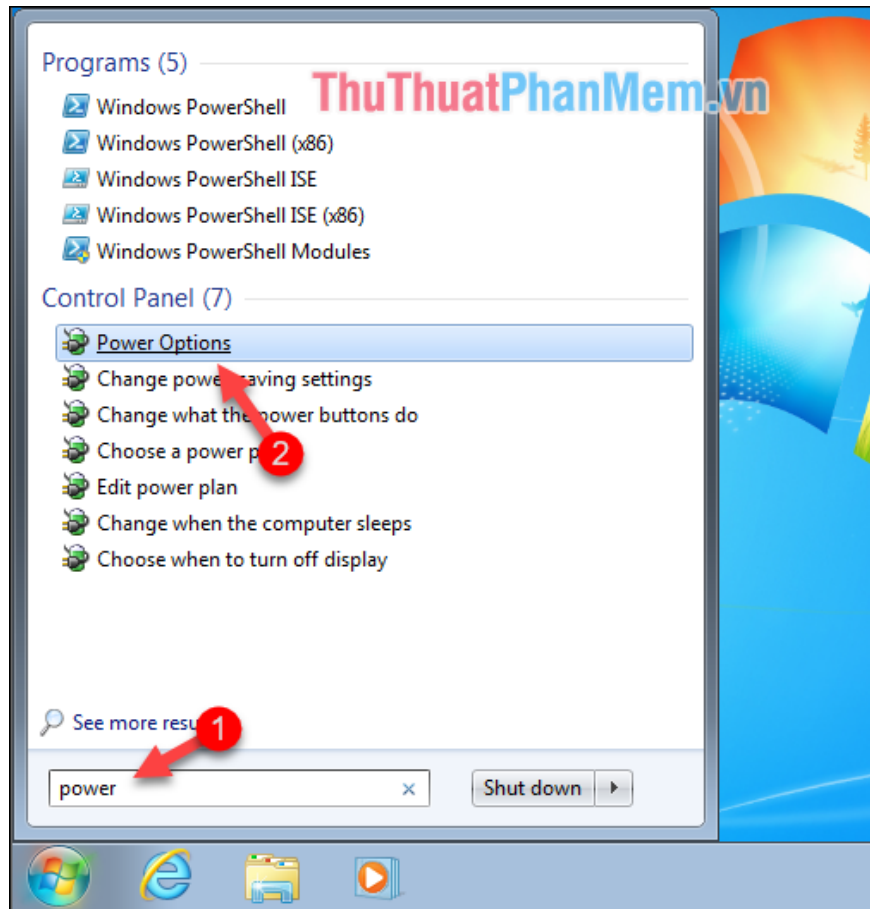


There are plenty of time slots for you to choose from, if you don't want to turn on Sleep then choose **Never**

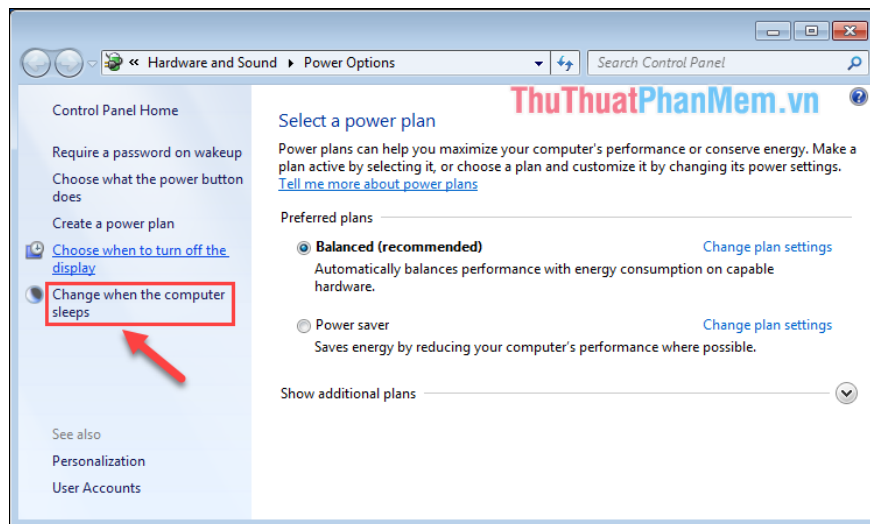


2. Set the Sleep time in windows 7

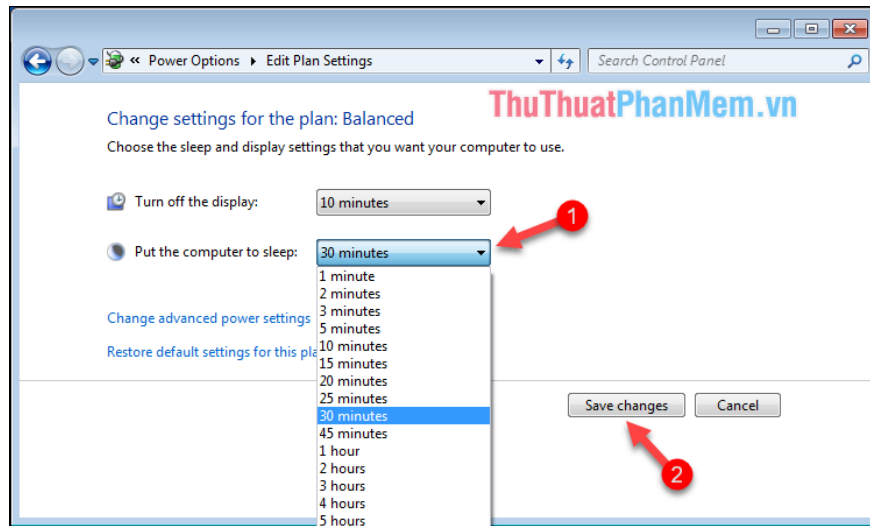
Step 1: Open the **Start menu** , enter Power from the search box, and then select **Power Options** in the results.



Step 2 : In the new window, select **Change when the computer Sleeps.**



Step 3: At **put the computer to sleep section**, you can choose the time the computer automatically enters the desired sleep mode, for example, you want after 30 minutes the computer enters the Sleep mode we choose 30 minutes. After selecting, click **Save changes** to save the settings.



Above is a tutorial on how to adjust the Sleep time of computers in windows 10 and windows 7, hope you will find the article useful. Good luck!

You finished reading the article "**How to adjust the sleep time Windows 10, 7**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.