

# How to fix a Mac that does not use Sleep mode

There are many Macs that are unable to put the device into Sleep mode, when not using the device for a while. This consumes a lot of battery capacity.

One of the problems that many Macs encounter is that it is impossible to use Sleep mode on the device, when the user does not use the device for a period of time. This will definitely affect battery power and drain the battery very quickly. The cause of this problem is quite a lot, maybe because the data transfer or data backup is in progress, or you have accidentally prevented the device from starting Sleep mode. If your Mac is in a state where it does not start Sleep, you can refer to the fix below.

## Step 1:

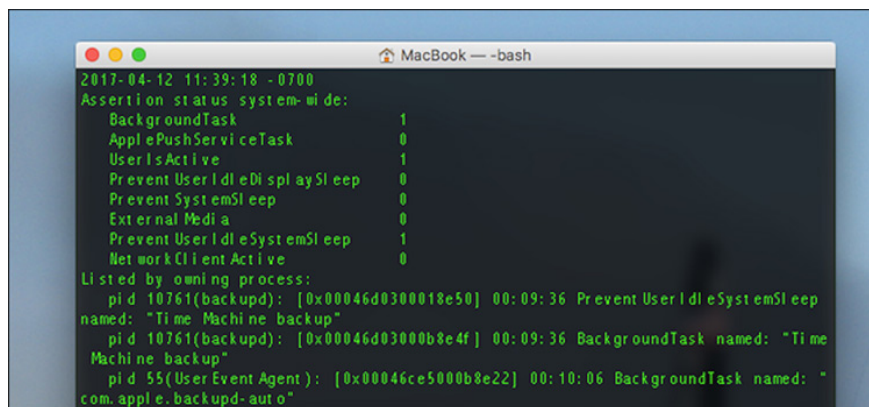
First of all, you need to check if the device has any applications running underground in the system. We open Terminal and type the command below.

```
pmset -g assertions
```

## Step 2:

New interface appears as shown below. You will see there are two columns of information, the first column shows the tasks that can lead to a situation that prevents the machine from entering Sleep mode. Second column with characters 0 or 1.

If there is a character 0, the task does not work, but with character 1, the task is active on the system. **Notice that** the UserIsActive part will always be active by default with symbol 1.



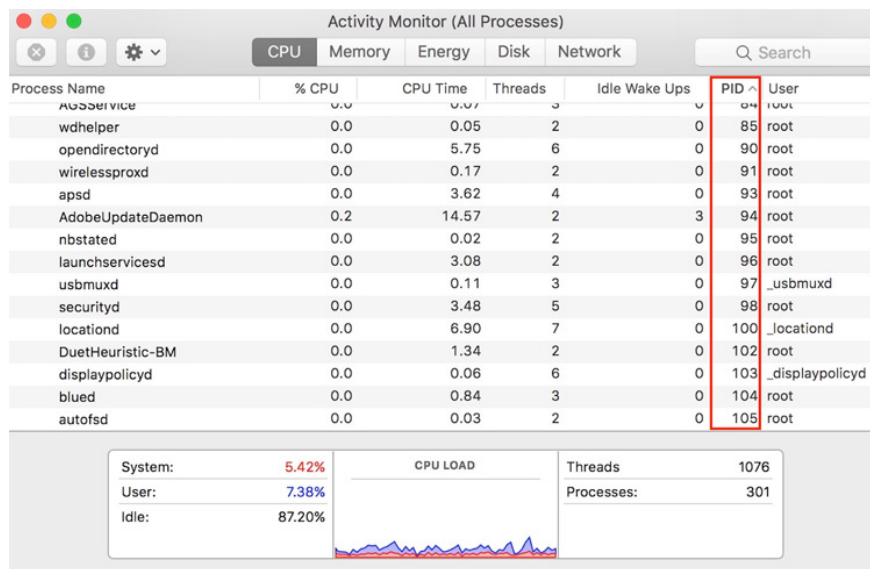
For example, we can see that BackgroundTask is displaying with a 1. So this task is active and your computer is backing up to Time Machine, or loading the system update.

In addition, the contents of the bottom lines will show the specific names of the processes on the system, including:

1. PID (including numeric characters): allows us to find the running process in the Activity Monitor to turn it off.
2. Inside parentheses will be the names of the operations that are active on the system under an underground operation.

### Step 3:

When checking and seeing that some of the tasks that are running in the background are unnecessary, we can turn them off. Access to the **Activity monitor** section, **in the PID column find the corresponding number** in the list above and then turn them off.



**Note to users** , there will be processes that cannot be turned off, there are processes that need to run in order for the system to work smoothly. You need to search for processes that have strange names to determine whether to turn off or not to avoid system activity.

The fact that the Mac cannot switch to Sleep mode can be caused by many different reasons. Try the above fix to fix this situation on the device.

Hope this article is useful to you!

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