

# How to set a sleep timer on Windows 10 and 7.

There are many useful tips and tricks for computers, and scheduling your computer to sleep is one of them that TipsMake wants to introduce to you. There are many ways to schedule your computer to sleep, and if you're looking for one of those methods, the following guide is for you.

Taimienphi.vn always wants its readers to be updated with more useful tips and tricks when using computers. We always start with the simplest things, and setting a sleep timer for your computer is a trick that we can easily learn and implement in just a few steps. Let's find out how to set a sleep timer for your computer with TipsMake below.

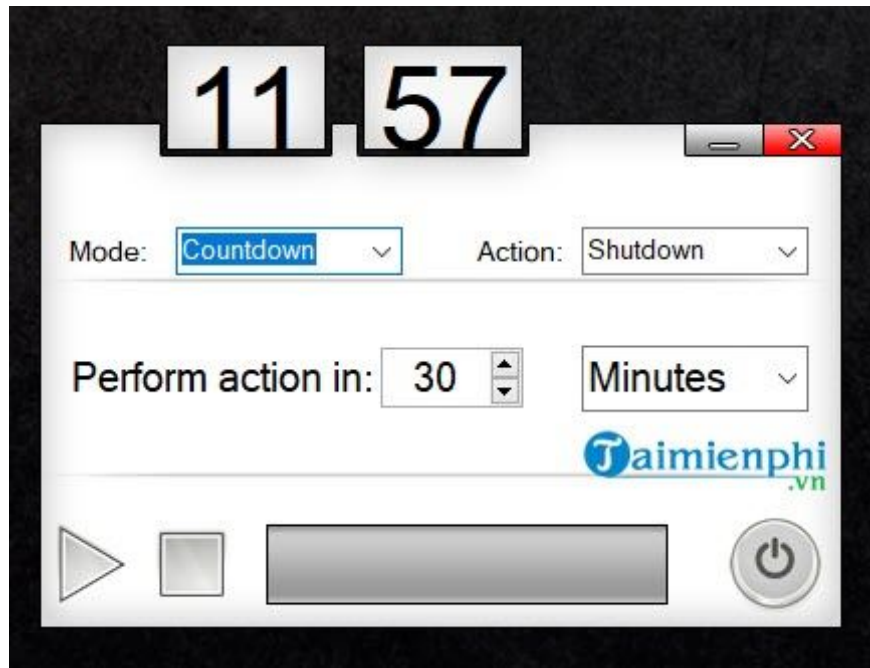


**Set a sleep timer for your computer.**

## *How to set a sleep timer for your computer*

*Step 1:* To easily schedule your computer to sleep, TipsMake uses a compact software called Sleep Timer. Download **Sleep Timer** to your computer here first.

*Step 2:* The Sleep Timer tool allows us to schedule computer sleep, and its usage is simple. After downloading, you can open Sleep Timer directly without installation. Once opened, you'll see the Sleep Timer interface, and you can get familiar with and use it right away.



Step 3: First, let's pay attention to the three modes in Sleep Timer: Countdown, Inactivity, and Time.

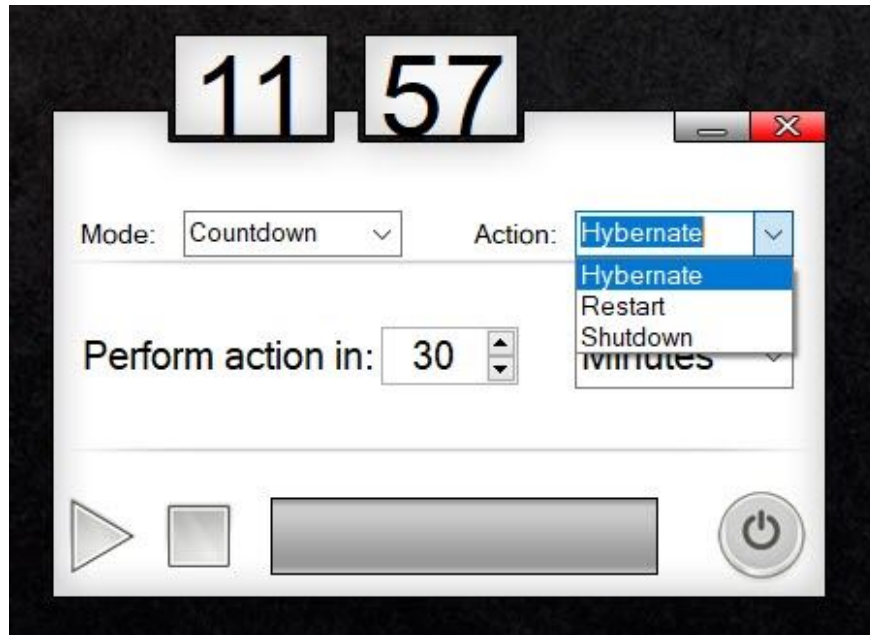


- **Countdown** : The time will count down when Sleep Timer is activated.
- **Inactivity** : The amount of time the brush has been untouched after the Sleep Timer has been activated.
- **Time** : Select a fixed time of day after activating the Sleep Timer.

And next to us are the actions performed after the conditions of the Mode are met, including Hibernate (similar to sleep), Restart, and Shutdown.

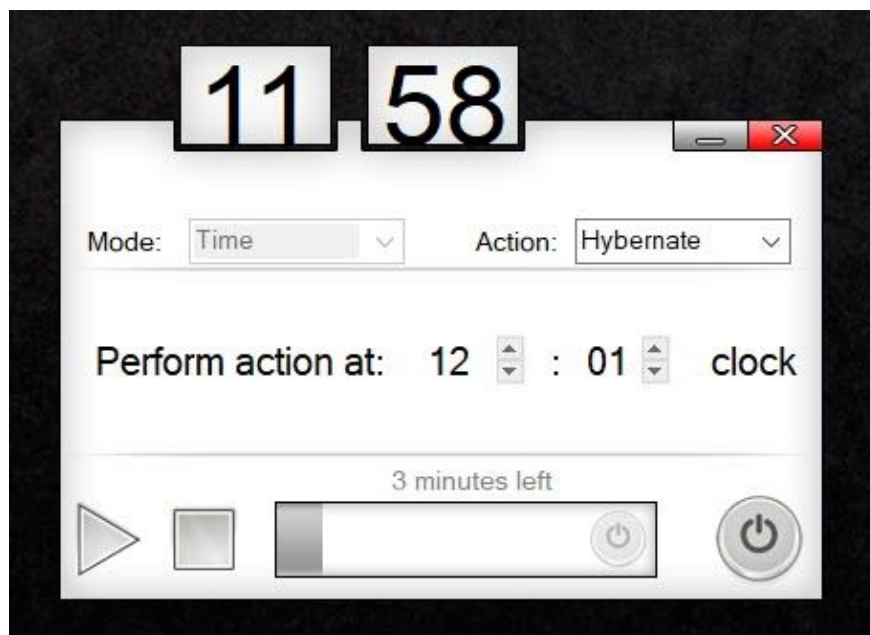
- **Hybernate** : This hibernation mode is similar to Sleep; if Sleep is not available, select Hybernate.

- **Restart** : This mode restarts the computer.
- **Shutdown** : This mode shuts down the computer.



*Step 4:* To schedule your computer to sleep, select Mode Time and Action as Hybernate, then click Start to begin.

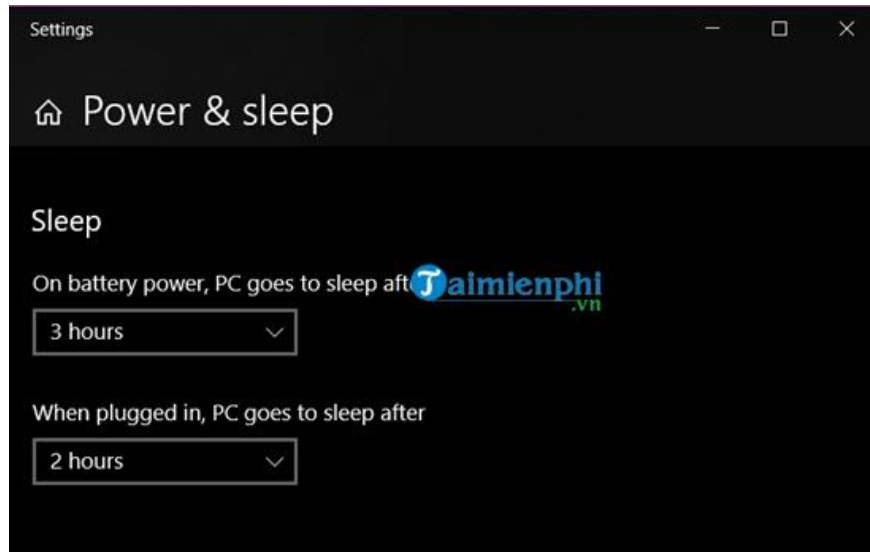
**Note:** To stop Sleep Timer, press STOP; to turn it off, press the X button. Pressing the shutdown button will immediately shut down your computer.



Besides setting a sleep timer for your computer using Sleep Timer, you can also use a convenient method readily available on your computer: simply click the Start Menu, type Sleep Settings, and access the displayed result.



In the Power & Sleep section, we simply need to select the time the computer will go to sleep after a period of inactivity; this is quite similar to the Inactivity mode of Sleep Timer.



The above are basic computer tips to help users quickly schedule their computer to sleep. This may not be the most perfect method, and TipsMake will continue to research and provide the latest solutions as soon as possible.

If you're researching how to set a sleep timer for your computer, what about setting a shutdown timer? If not, you should learn about it, because setting a shutdown timer on Windows 10, 7, and 11 is much simpler and more frequently used.

Are you tired of waiting too long every time you shut down your computer? Then how can you shut down your computer quickly using commands or software? TipsMake has researched this issue extensively, and if you're interested, you can find more information on how to shut down your computer quickly [here](#).

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