

How to troubleshoot problems with Sleep mode in Windows 10

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Setting your PC to Sleep mode is a great way to save power and still be able to continue using your computer when you want. But what should you do if your PC "wakes up" or enters Sleep mode randomly? This can be a very difficult problem to diagnose.

The troubleshooting process can be very complicated, depending on different PC manufacturers. The best way to solve this problem is to try many different solutions. The article will list the troubleshooting steps related to Sleep mode in Windows 10.

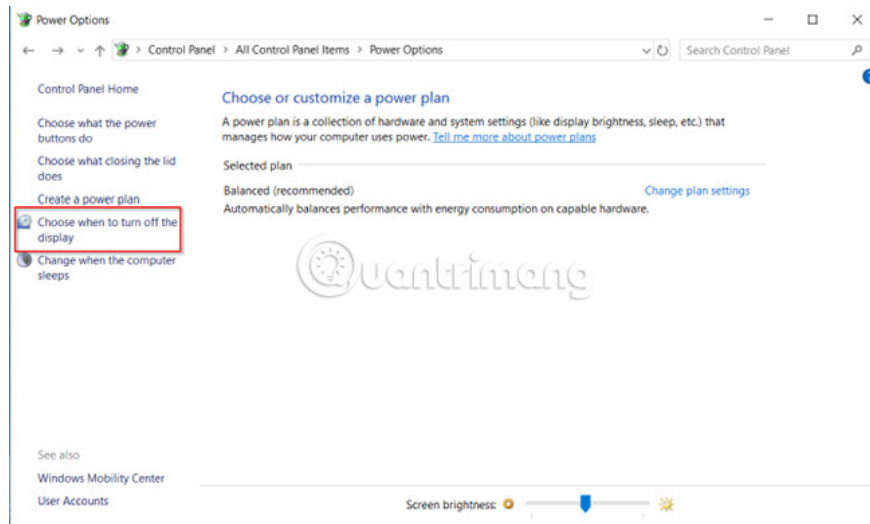
Find out what caused the problem with Sleep mode

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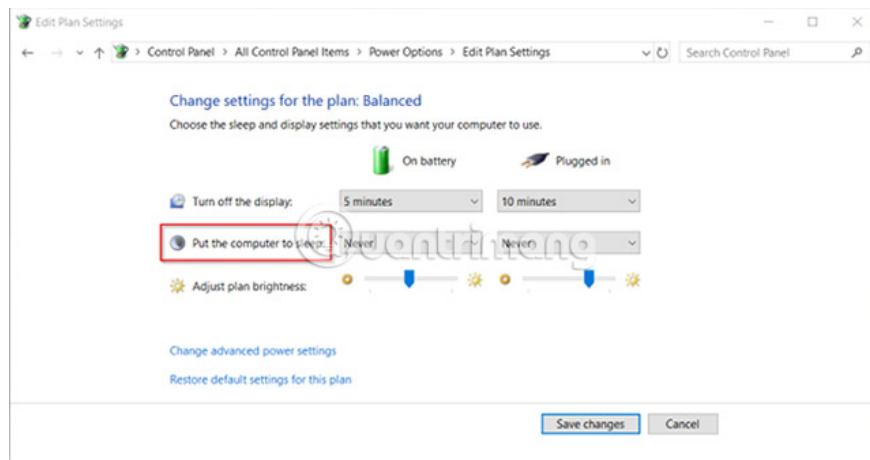
Check the settings for Sleep mode

When the computer does not enter Sleep mode, check all the settings and factors that prevent the Sleep state. Hardware, power options and configurations can affect the way the power button and Sleep button work. If the PC has installed updates or an application requires a reboot, then the PC is completely unable to enter Sleep mode.

If you share a computer with someone else or work on someone else's PC, chances are that he or she has adjusted the source options. To access these settings, navigate to **Control Panel> Power Options** and click **Choose when to turn off the display** .



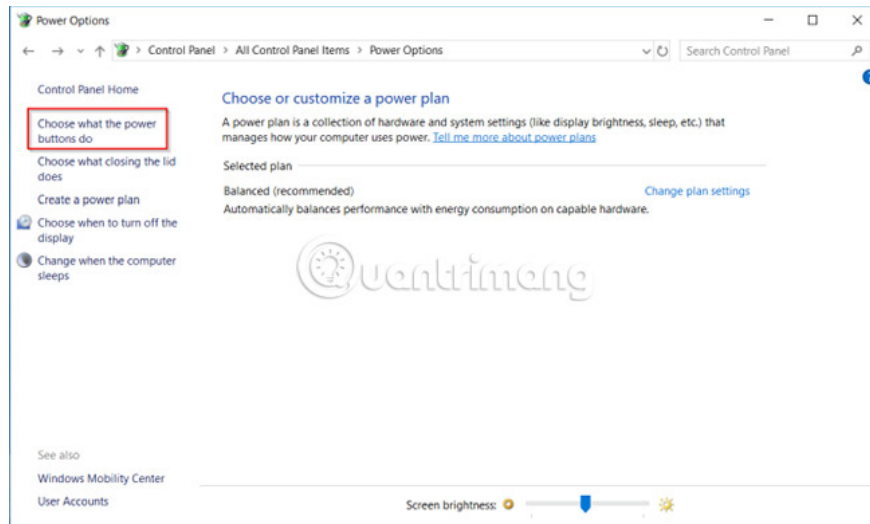
Just to the right of the **Put computer to sleep** option, check the values ??and make sure they are set up correctly. If the PC enters Sleep mode too early or takes too much time to switch to this state, this will be the first thing to consider.



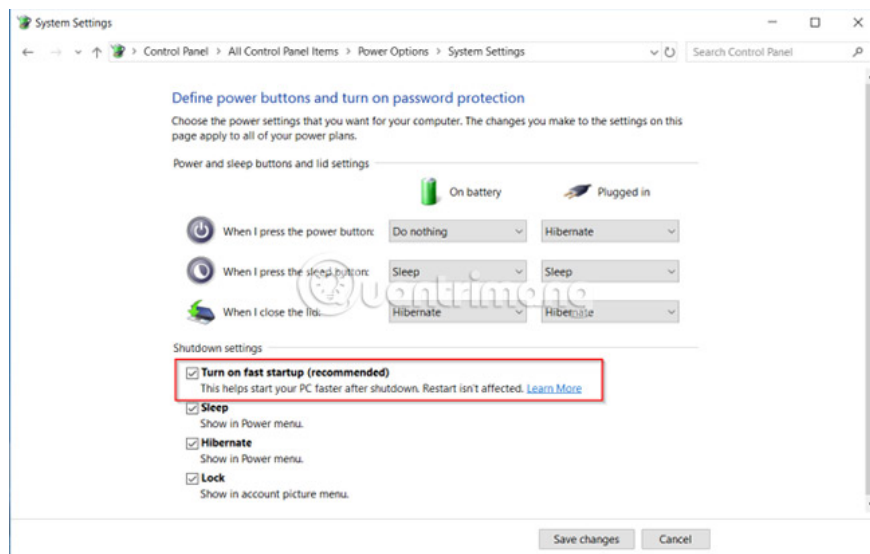
Disable the Fast Startup feature for old computers

The Fast Startup feature in Windows 10 is an installation that helps the PC to boot faster after turning off the computer. Fast Startup saves the kernel image and loads the driver into **C: hiberfil.sys** when the computer is turned off. When you turn off and restart the PC, Windows will load the hibernate file into memory so that the PC continues to work.

If you are using an old device and notice that the PC cannot switch to Sleep mode, you can disable Fast Startup. Open **Control Panel > Power Options** and click **Choose what the power buttons do**.



Click **Change settings that are currently unavailable** and uncheck **Turn on Fast Startup** to disable this feature.



PC cannot switch to Sleep mode

Please refer to the article: Windows 10 error cannot Sleep, here's how to fix it for more details.

The PC automatically switches to the Sleep state

If your PC goes to Sleep after a short period of inactivity, you risk losing data that is working badly. This problem may be even more frightening than a PC that cannot switch to Sleep state. But be assured because this error is easy to fix.

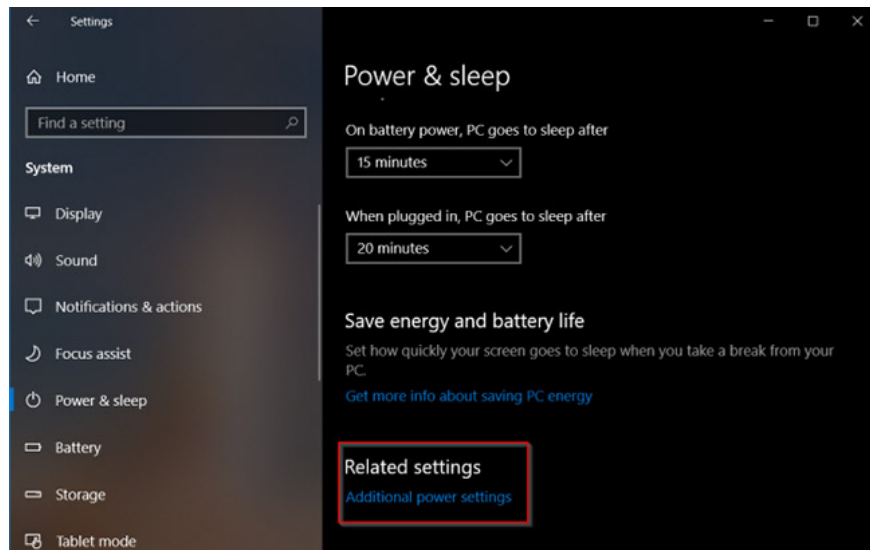
Confirm if your PC is really 'sleeping'

When the PC 'sleeps' randomly, make sure the computer is actually in Sleep mode. Sometimes the cause of hibernation or random shutdown is because the computer is too hot.

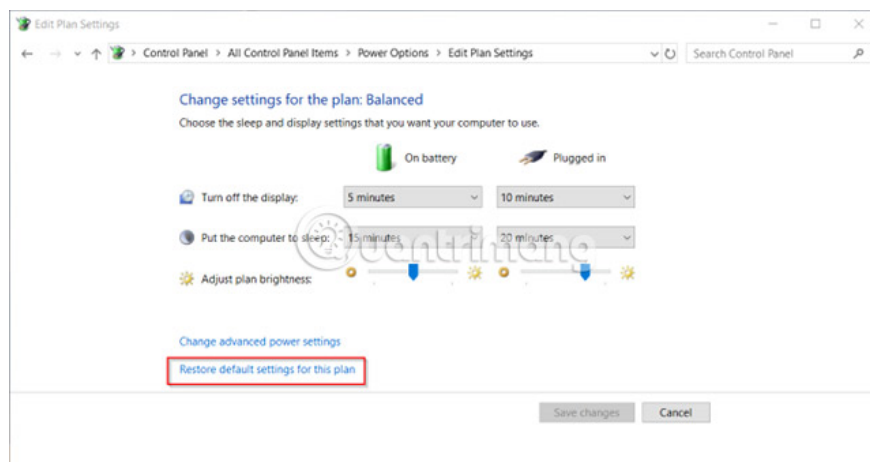
If the temperature inside the PC passes the threshold, the PC will go into hibernation mode or turn off the power completely to protect the hardware components. Refer to the article: [How to check the computer's CPU temperature?](#) For more details.

Restore the default package

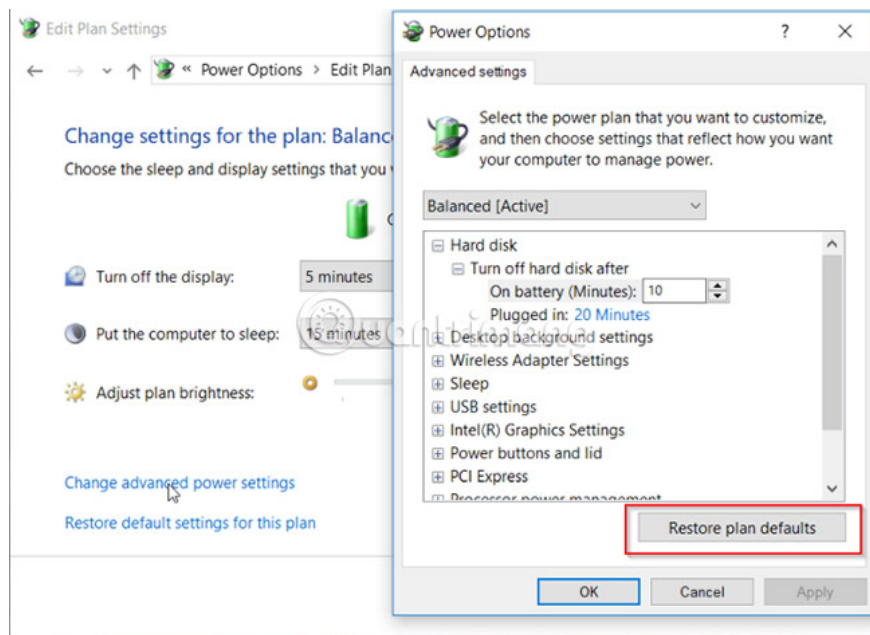
If you've just upgraded your PC to Windows 10 or made a major update from Windows 10 1803 to 1809, specific source-related settings may have experienced problems. To fix this problem, open **Settings**> **System** and in **Power & sleep settings** , click **Additional power settings** .



From here, select **Choose when to turn off the display** . Select **Restore default settings for this plan** .



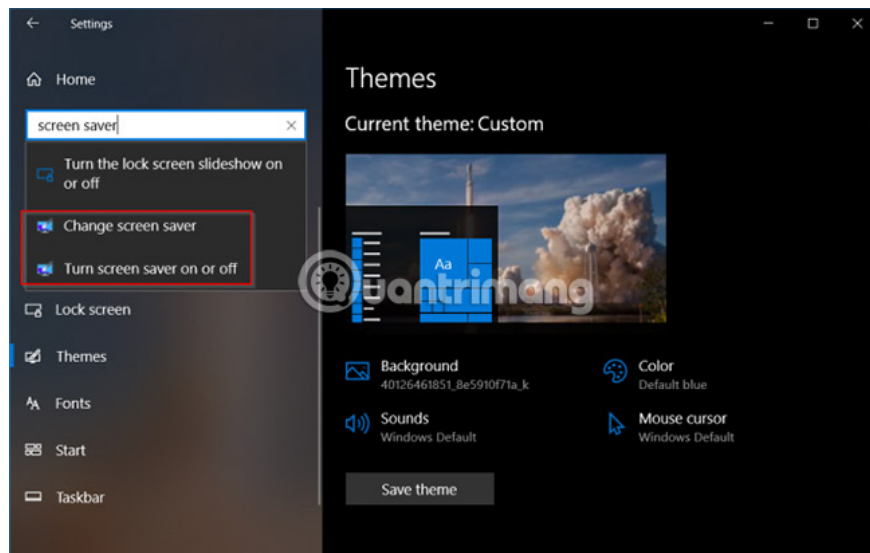
If this option is unavailable or does not work, click **Change advanced power settings** . From the new window that appears, click **Restore plan defaults** . Repeat this step for each custom source package.



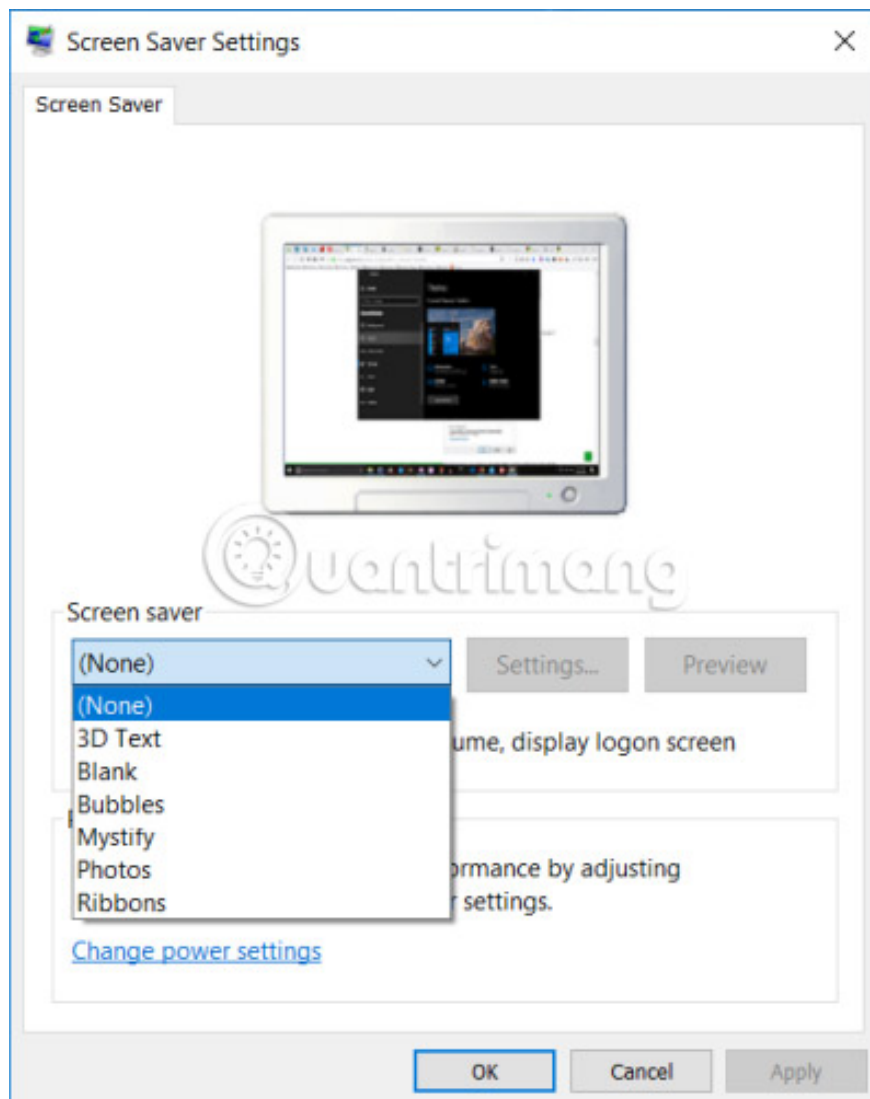
Check the screensaver settings

The screensaver utility allows the PC to switch to the Sleep state to conserve energy. The screen is turned off and if you have incorrect settings, the PC may switch to Sleep mode at random.

Go to **Settings > Personalization** and enter the 'screen saver' in the search bar.



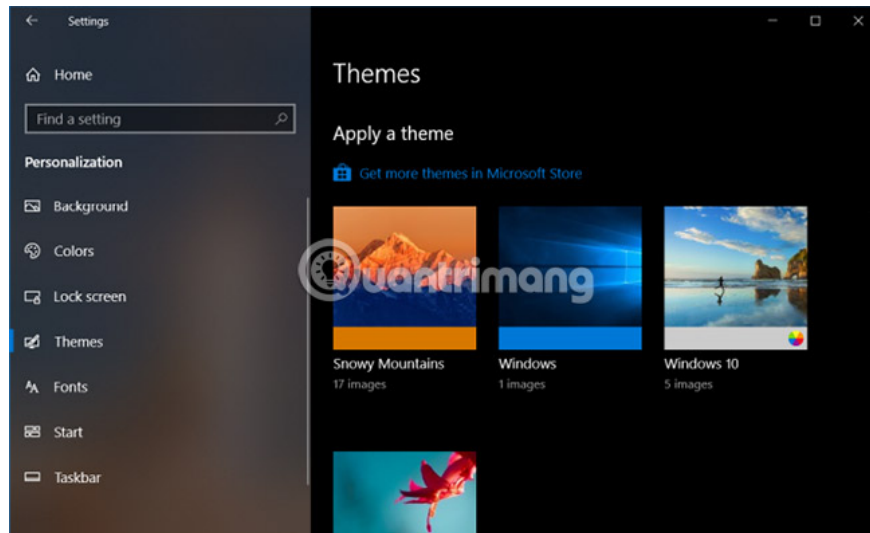
From the pop-up window that appears, select **None** from the drop-down **Screen saver** menu .



Disable the third-party theme

Many third party themes are available from Microsoft Store. Maybe a theme makes PC "sleep" at random times. You can disable that theme and switch to the default theme.

Go to **Settings**> **Personalization** and click **Themes**. Now click on the default Windows 10 theme and restart the PC.



Remove the battery

If all of the above methods fail and you are dealing with the problem on a laptop, the culprit may be the battery. Turn off the PC and remove the battery. Wait a moment and reinsert the battery.

Check the health of Windows PC

If your PC is not able to switch to Sleep mode at random, use the above troubleshooting steps to resolve the problem. However, you have to remember that every PC manufacturer has its own applications and drivers. And they are known to cause problems related to Sleep mode in Windows 10 PC.

In addition to these troubleshooting tips, you can periodically check your PC's health to keep it at its best.

Wish you soon overcome the problem!

You finished reading the article "**How to troubleshoot problems with Sleep mode in Windows 10**" 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.