

## Shutting down your computer

### Should you shut down your computer or laptop completely at the end of the day or if you are not going to use it for a long time?

There are conflicting theories. If you don't shut it down it should be connected to a power supply for batteries run down. Closing the lid on a laptop does not usually (unless you have set up a command) shut down the running of the whole system. You merely send it to sleep.

### Sleep

Sleep uses very little power, your PC starts up faster, and you're instantly back to where you left off. You don't have to worry that you'll lose your work because of your battery draining because Windows automatically saves all your work and turns off the PC if the battery is too low. Use Sleep when you're going to be away from your PC for just a little while—like when you're taking a coffee break.

It is not ideal to leave your laptop on sleep mode for a week, as it can cause it to overheat and could potentially damage the battery. It is also not energy efficient, as the laptop will be constantly drawing power even when not in use.

### Hibernation

Hibernate uses less power than sleep and when you start up the PC again, you're back to where you left off (though not as fast as sleep). Use hibernation when you know that you won't use your laptop or tablet for an extended period and won't have an opportunity to charge the battery during that time. First check to see if this option is available on your PC and if it is, turn it on if you wish.

Choices of what you do are in the “**Control Panel**” as in the image below.

↑ > Control Panel > All Control Panel Items > Power Options > System Settings ←

### Define power buttons and turn on password protection

Choose the power settings that you want for your computer. The changes that you make to the settings on this page apply to all of your power plans.

Change settings that are currently unavailable

#### Power and sleep button settings

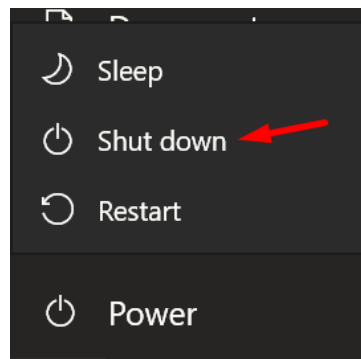
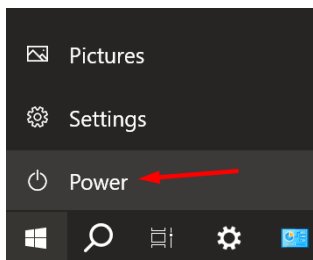
When I press the power button: Shut down  
 When I press the sleep button: Sleep

#### Shut-down settings

- Turn on fast start-up (recommended)**  
This helps start your PC faster after shut-down. Restart isn't affected. [Learn More](#)
- Sleep**  
Show in Power menu.
- Hibernate**  
Show in Power menu.
- Lock**  
Show in account picture menu.

## Complete Shut down- I use this at the end of the day

Turn your PC off completely select Start (the windows icon bottom left) and then select Power--- Shut down.



## Why do I always shut down?

Rebooting your computer can often help alleviate those pesky computer issues we all seem to run into. A reboot allows the programs running in the background to get a fresh reset which clears the cache and allows the program to run smoother upon restart. Rebooting and restarting your computer are virtually the same thing. A restart is the action that initiates the reboot of the operating system. Selecting the restart button on the start menu signals the computer reboot. During a restart all processes are cancelled, the RAM is cleared and the processor cache is wiped clean. Additionally, both a reboot and restart help to clean up any temporary files that can slow your computers response time down over time if there are quite a few stored in the background.

I actually have a small registry hack to put a **Shutdown button** on my desktop. A click on this and the computer shuts down. I have this small hack if anyone is interested.



Cheers

Norris