

How do I keep my computer from going to sleep in Vista/Windows 7?

Vista\Windows 7

To our program, your computer's sleep mode is the same as it being shut off.

To disable sleep mode go to the "Control Panel" under the "Start" menu on your taskbar and select "System and Security" and then "Power Options" or choose "Power Options" from the list.

OR

Next to or under the plan, click on "Change plan settings" to view the plan settings.

Depending on whether your computer is a desktop or laptop computer, the display will be slightly different. If your computer is a **laptop**, there will be two settings columns (one for when your computer is plugged in and one for when it is running off of the battery). If your computer is a **desktop**, there will only be one settings column. Be sure that when the laptop is plugged in, the "Put the computer to sleep" option is set to never. This should be the same for desktop computers as well. If it is not set to "Never", click on the arrow next to where it should read "Never" and a pull down menu will appear. Choose "Never" and the menu will disappear and the previous setting will be replaced with the word "Never". Click on "Save changes" and your power settings are now optimized for Digital Lifeboat.

If you have more questions about sleep please see the following site:

<http://windows.microsoft.com/en-US/windows-vista/Turn-off-a-computer-frequently-asked-questions>

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