Shutdown Options in Win 7

Clicking Start and the Shutdown button (or pressing the power button) starts the shutdown process as it displays the following shutdown options:

1. LOCK - this displays the welcome screen and maybe used to prevent a passerby from seeing what you're doing. Pressing the Windows Logo Key+L will also Lock the computer.

2. RESTART - allows the computer to shutdown and restart immediately.

3. SLEEP - If you are going to be away for awhile, you may wish to use this SLEEP option to conserve power and protect your work. In this mode, Win 7 saves any open files,records their state and the state of any programs running in memory. When you 'wakeup' the computer by moving the mouse or pressing the space bar or Enter key it takes only a few seconds to retrieve the information from memory and

a. If your user account is not password protected, resumes your previous status.

b. If your user account is password protected, it displays the welcome screen.

Note: When a desktop is in SLEEP mode it uses ~ 10% power. A laptop while in SLEEP mode uses ~ 2% power.

Revised 10/3/2011 JMM