

How to Change Windows 7/Vista/XP Sleep Settings

1. Click the **Start** button (Windows 7 or Vista) or on **Start** (Windows XP).
2. Click **Control Panel** from the list in the right margin.

Once in Control Panel:

1. **Click** the **Power Options** icon.
2. **Select** the desired **Power Plan** and then click **Change Plan Settings**.
3. **Use** the lists to apply the desired settings and click “**Save Changes.**”
4. **Close** the Control Panel by clicking the **X** in the top right corner of the window.
5. Your screen will turn off after desired time and your **NJITDM** password will be required to access computer.

Questions?

If you are still in need of assistance, please contact the IST Service Desk.
You can reach the IST Service Desk 24/7

Phone: (973) 596-2900 | Toll-free: (877) 899-7685

Location: Student Mall, Room 48 | Monday to Friday, 8:30 AM to 4:30 PM (Drop-in support for computing devices).

Request Help Online: <https://ist.njit.edu/>