Sleep or Shut Down? Quiz

Hilda, the Night Shift Housekeeper



Question 1

At the end of the day, what should you do with your Mac?

A. Shut it down every night

B. Let it sleep

C. Leave the screen on all night

D. Unplug it

Answer 1

B — Let it sleep

Sleep is the better habit. While your Mac dozes, Hilda does her rounds.

Question 2

Which of these is one of Hilda's overnight jobs?

A. Run your Time Machine backup

B. Defragment the hard drive

C. Empty the Trash by hand

D. Charge the battery

Answer 2

A — Run your Time Machine backup

She also checks for updates, syncs with iCloud, and finishes Spotlight indexing.

Question 3

How much does the sleeping part alone cost for a whole year on an iMac?

A. 48 cents

B. About $9

C. About $50

D. Nothing at all

Answer 3

A — 48 cents

The whole year, awake and asleep together, is under $10. The sleeping part is the 48 cents.

Question 4

How often should you restart your Mac?

A. Every night

B. Every couple of weeks

C. Once a year

D. Never — restarts wear it out

Answer 4

B — Every couple of weeks

A restart clears the stuck processes and clutter that sleep can't reach.

Question 5

Your iPhone has a housekeeper too — but with a tighter curfew. When does it do its rounds?

A. Whenever the screen is on

B. When it's locked, charging, and on Wi-Fi

C. Only when you plug it into your Mac

D. Only on weekends

Answer 5

B — When it's locked, charging, and on Wi-Fi

Locked, charging, and on Wi-Fi — overnight on your nightstand. Then it backs up to iCloud, downloads updates, and refreshes your apps.

Question 6

The cost figures — 48 cents for a year of sleep, under $10 for the whole year — are figured at what electricity rate?

A. About 14 cents a kilowatt hour

B. About 25 cents a kilowatt hour

C. About 8 cents a kilowatt hour

D. About 50 cents a kilowatt hour

Answer 6

A — About 14 cents a kilowatt hour

That's the typical Florida rate the figures use.

The rule of thumb

Let your Mac sleep every night so Hilda can do her rounds. Restart every couple of weeks to clear what she can't reach.

Your wallet won't notice; your Mac will thank you.