Cayuga Computer Shutdown Recommendation

Cayuga IT recommends that you power off your computer when you leave for the day. This includes the computer itself and all monitors a user may have. There are many benefits associated with doing this, they include:

- **Security –** if a computer is powered off it cannot be infected by a virus, malware, or be hacked into in the event of an attack.
- **Energy Savings –** When a computer is powered off, it uses very little energy. This saves energy, money, and the environment. Given the number of computers connected to Cayuga's network, this amounts to quite an energy savings at the end of the year.
- **Life of the Computer –** The biggest factor effecting a computer's lifespan is heat on the internal components. A powered off computer exposes the computer to far less heat over time. This will save time, money, and equipment replacements.
- **Updates –** Cayuga IT has set up the computers to receive updates when you power off your computer. If left on, our computers are configured to update and reboot the computers at 3:00am the day of the updates. Manually powering down will ensure the computer has exclusive access to files and programs to apply the updates in the most efficient manner.

Exceptions

While the highly recommended procedure is to power off the computer, sometimes it is necessary for a user to leave their machine running on specific days or nights when they plan to remotely connect to their computer for business purposes. This technology, commonly referred to as "VPN" is a regulated service that only certain users have a necessity for. In this instance Cayuga IT recommends that users plan accordingly for days they will be remotely connecting to their computer and only leave it powered on for that time period. On those days it is still recommended that a user reboot their pc at the end of the work day to ensure their computer is running fast and efficiently.