



SOBR'IT

At home and at the office, electric and digital consumption can be lessened, thanks to ten simple steps, in the everyday life or in case of an Ecowatt alert, to help reduce energy consumption.

10 DIGITAL ECO-GESTURES

Daily



Use **document sharing services** instead of **email** to send files.

Daily



Set up **fast standby** for printers and copiers **during the day**.

Daily



Always switch off equipment, whether shared or used only by you, in the **evenings** and at **weekends** (screens, printers, photocopiers, etc.).

Ecowatt



Turn off cameras during **web conferences** in a sensible way (only turn on the camera when speaking) and **limit video streams**, as much as possible.

Daily



Optimise computer shutdowns and set **default standby times**.

Ecowatt



Turn off **additional screens** and use the **laptop screen only**.

Daily



Set up **power-saving functions** on computers and mobile phones.

Ecowatt



Switch off and unplug equipment and appliances that **micro-consume** (replicators, chargers, appliances on standby, etc.).

Daily



Have devices (computers, tablets, smartphones, etc.) **use Wi-Fi instead of 4G or 5G**.

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Charge laptops overnight and work on **battery power without charging** during peak hours.



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