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*Just turning off the lights may not be enough...*

## Energy saving is possible with a smartphone too



**During Energy Efficiency Week, it is possible to save energy with the smartphones we carry with us all day long. According to YEO, Türkiye's brand of renewable energy and energy technologies, millions of smartphone owners can contribute to a cleaner world with simple measures.**



Consuming energy all day long, smartphones are an integral part of modern life in today's world. We use them for almost everything, from texting to ordering food, from photos to maps. But can smartphones save energy with small measures? Is it possible with smartphones that consume 10W per day, that is, as much energy as an energy-saving light bulb? Considering that there are 5 billion smartphones in the world and 55 million in Türkiye, yes. Instead of just turning off the lights, saving energy on smartphones throughout the year can be an important step towards a better world.

During Energy Efficiency Week, YEO Technology, one of Türkiye's leading companies in energy technologies and engineering, invites everyone to efficiency for a sustainable world. According to YEO, everyone can save energy with some settings and suggestions mentioned below:

### **Turn on the power saving setting:**

The most effective way to conserve energy on a smartphone is to activate its power saving mode. This feature automatically changes the settings to consume the least amount of energy needed to work efficiently.

### **Turn off your mobile phone while sleeping:**

Turning off the phone at night not only helps save battery, but also increases the likelihood of a perfect night's sleep.

### **The effect of extreme heat and cold:**

Keeping the phone in an extremely hot or cold environment for long periods of time can affect the battery adversely. It may be useful not to take your phone out of your pocket too often in cold weather and to use it in the shade during the summer heat.

### **Reduce screen time:**

The screen on a phone uses a lot of energy. The most effective way to conserve its energy is to reduce the screen time duration when not in use. All smartphones have settings that allow turning off the screen after a certain period of inactivity. To conserve the most energy, setting it to 30 seconds or one minute will help.

### **Even the wallpaper is important:**

Dark wallpapers use less energy because the battery does not then need to illuminate as many colored pixels. As a result, dark pixels do not light up and therefore require significantly less power. Reducing the screen brightness also reduces energy use.

### **Remove from charge when full:**

Phones that are 100 percent charged should be removed from the charger. This is because they continue to consume energy while increasing voltage and temperature stress, affecting battery performance. Unplugging the adapter when the charge is full also saves money.

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## Turn on GPS only when using:

Map apps use GPS to keep track of where you are. However, it consumes energy when it is not needed or when it is constantly on. If you are not using an app that uses GPS, turn off location tracking.

## Turn down vibration and notifications:

Notifications and vibrations that are activated dozens of times a day on the phone consume a significant amount of energy. They consume not only energy but also attention. They contribute to cell phone addiction by causing us to pick up our phone without realizing it.

## Working for smart energy

YEO Technology delivers energy and industrial solutions to every corner of the world in Europe, Middle East, Central Asia, and Africa **with more than 225 projects in more than 30 countries in 3 continents**. YEO Technology has been continuing on its way as one of the most innovative organizations in the sector **with over 650 employees** for more than **19 years**. It also adds value to the national economy by carrying out activities that touch every aspect of energy, from electricity generation, transmission, and distribution to the smart and efficient use and application of energy.

About YEO: <https://yeo.com.tr/kurumsal>

## For more information:

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