

Mac

- [pmset](#)

pmset

pmset

```
“ /” Mac +  
sudo roq0
```

- / / / Power Nap
- power assertions / “ ”
- / / /
- UPS /

```
# -a | -b | -c | -u UPS  
sudo pmset [-a|-b|-c|-u] [setting value] ...  
  
#  
pmset -g [option]  
  
# /  
sudo pmset schedule <type> "MM/dd/yy HH: mm: ss"  
sudo pmset repeat <type> <MTWRFSSU> HH: mm: ss  
pmset relative [wake|poweron] <seconds>  
  
# /  
pmset [sleepnow|displaysleepnow|boot|touch]
```

- `displaysleep N` `0=N`
- `sleep N` `0=N`
- `disksleep N` `0=N`
- `womp 0|1` “ ”
- `lidwake 0|1`
- `acwake 0|1`
- `ttysleepawake 0|1` tty SSH
- `powernap 0|1` Power Nap
- `hibernatemode 0|3|25`

- `hibernatefile <path>`

/

- `hibernatemode`

- `0`
- `3` +
- `25`

- `standby 0|1 || standbydelayhigh/low || highstandbythreshold || autopoweroff 0|1 || autopoweroffdelay`

UPS `-u`/

- `haltlevel <percent>`
- `haltafter <minutes>` N
- `haltremain <minutes>`

“ `-1` ”

```
pmset -g # live
pmset -g assertions # /
pmset -g log # /
pmset -g batt # -g ps
pmset -g pslog # /UPS " "
pmset -g cap #
pmset -g everything # 10.8+
```

- “ `pmset -g assertions` → / IDE
- “20-50% `pmset -g pslog` 30%→0%
- “ `womp` ” `caffeinate`

//

```
# 2025-11-11 07:30 MM/dd/yy
sudo pmset schedule wake "11/11/25 07:30:00"

# 12:00 20:00
sudo pmset repeat wakeorpoweron T 12:00:00 sleep MTWRFUSU 20:00:00

#
```

```
sudo pmset repeat cancel
```

```
#          1800  
pmset relative wake 1800
```

- `type`: `sleep` `wake` `poweron` `shutdown` `wakeorpoweron`
- `weekdays`: `MTWRF` `MTWRF`

1) `caffeinate`

```
#  
caffeinate -i -- ./gradlew build  
  
#  
caffeinate -di -- uvicorn app:app --reload
```

```
“ -i | -d ”
```

2) SSH

```
#          tty  
sudo pmset -a ttyskeepawake 1  
#  
ssh user@host 'caffeinate -dmsu -- long_task.sh'
```

3) /

```
#  
sudo pmset -b displaysleep 5 sleep 15 disksleep 10 powernap 1  
# /  
sudo pmset -c displaysleep 15 sleep 0 disksleep 0 womp 1
```

4) CI/

```
#
sudo pmset -a sleep 0 disksleep 0 displaysleep 10 womp 1
```

5) UPS /

```
# <40%
sudo pmset -u haltlevel 40
# <25% <30
sudo pmset -u haltlevel 25 haltremain 30
```

6) /

```
#
pmset -g custom > ~/pmset-profile.txt

#
# "Battery Power" "AC Power"
# " "
```

7) " "

```
# ~/bin/pmset-profiles.sh && chmod +x ~/bin/pmset-profiles.sh
case "$1" in
dev-battery)
sudo pmset -b displaysleep 5 sleep 15 disksleep 10 powernap 1 ;;
dev-ac)
sudo pmset -c displaysleep 15 sleep 0 disksleep 0 womp 1 ;;
demo)
sudo pmset -a displaysleep 20 sleep 0 disksleep 0 womp 1 ;;
restore-defaults)
sudo pmset restoredefaults ;;
*)
echo "Usage: $0 {dev-battery| dev-ac| demo| restore-defaults}" ;;
esac
```

```
# / / /
pmset -g
```

```
pmset -g batt
pmset -g assertions
pmset -g log

# /
sudo pmset schedule wake "11/11/25 07:30:00"
sudo pmset repeat shutdown MTWRF 23:30:00

# / /
pmset sleepnow
pmset displaysleepnow
pmset touch
```

- `/Library/Preferences/SystemConfiguration/com.apple.PowerManagement.plist`
- `/Library/Preferences/SystemConfiguration/com.apple.AutoWake.plist`
- `sudo pmset restoredefaults`

- `hibernatemode/hibernatefile`
- `autopoweroff /`
- `caffeinate | 0`

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