pmset

pmset

> “ /“ Mäc +
> `sudo` rod`0`

- / / / 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> <MTWRFSU> HH:mm:ss
pmset relative [wake|poweron] <seconds>

#    /
pmset [sleepnow|displaysleepnow|boot|touch]
```

- `displaysleep N` `0`=N
- `sleep N` `0`₦
- `disksleep N` `0`₦
- `womp 0|1` “ ”
- `lidwake 0|1`
- `acwake 0|1`
- `ttyskeepawake 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 MTWRFSU 20:00:00

#
```

```
sudo pmset repeat cancel


#         1800
pmset relative wake 1800
```

- `type`: `sleep` `wake` `poweron` `shutdown` `wakeorpoweron`
- `weekdays`: `MTWRFSU` `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 -dimsu -- 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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