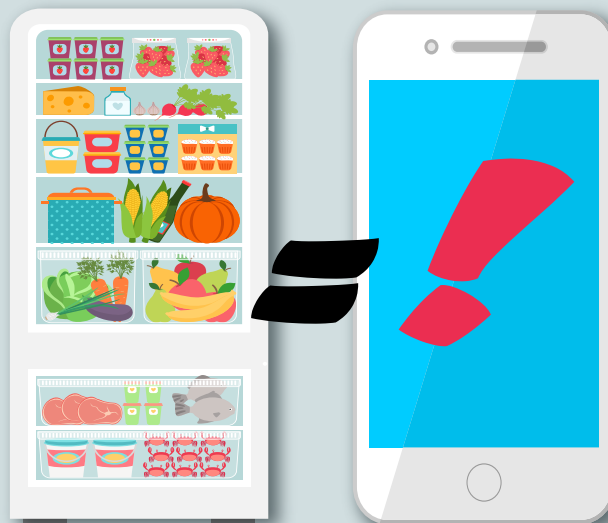


Did You Know

The average iPhone uses more energy than a midsize ENERGY STAR compliant refrigerator!

*gettingsmarteraboutthesmartgrid.org/wires.html



Simple Power Saver Tips

At bedtime turn on Airplane Mode and Night Mode

In Airplane Mode, you can still:



- **Use your alarm!**
- Listen to music
- Play offline games
- Listen to downloaded ebooks
- Listen to downloaded podcasts
- Use Camera



Turning on Airplane Mode while you sleep improves battery life and sleep quality too!

Use Nighttime Mode:



Many cell phones, tablets, and other portable electronic devices are equipped with a "nighttime mode" that is easier on the eyes before bed. Nighttime mode reduces blue light emissions and decreases the display's brightness setting. Reducing blue light before bed can help you sleep better!

For more information visit www.humanetech.com/take-control.