Power Management of Personal Computers based on User Behaviour

Brian Setz, Faris Nizamic, Alexander Lazovik and Marco Aiello

Distributed Systems Group, Johann Bernoulli Institute, University of Groningen, Nijenborgh 9 (Bernoulliborg), 9747 AG, Groningen, The Netherlands

Keywords: Context Aware Power Management, Timeout Optimization, Green Computing, Energy Efficiency.

Abstract: It has been shown that up to 64 percent of personal computers in office buildings are left running during afterhours. Enabling power management options such as sleep mode is a straightforward method to reduce the energy consumption of computers. However, choosing the right timeout can be challenging. A sleep timeout which is too low leads to discomfort, whereas a timeout which is too high results in poor energy saving efficiency. Having the users choose their own sleep timeout is not viable as research shows that most users disable the sleep timeout completely, or choose a suboptimal timeout. Unlike existing context based power management systems which use predefined rules, we propose a solution which can determine a personalized sleep timeout for any point in time solely based on the users behaviour. We propose multiple models which have the goal of maximizing the energy savings while minimizing discomfort. The models are tested on the computers of employees of the University of Groningen over several weeks. We analyse the results of the experiments and determine which model performs best. We can potentially save between 4.02 and 17.17 kWh per computer per year, depending on the model that used.

1 INTRODUCTION

A report from the Intergovernmental Panel on Climate Change indicates that the increase in CO_2 levels in the atmosphere is caused by human intervention with a probability of over 90 percent (Solomon et al., 2007). Their report shows that countries shall have to reduce CO_2 emission levels by 60 to 90 percent by 2050. If not, temperatures will rise globally with more than 2 degrees Celsius by the end of 2050.

The IT sector is a large consumer of electricity around the world according to a report by the climate group on behalf of the Global eSustainability Initiative. They state that between 2 percent and 10 percent of the world wide energy consumption is attributed to the IT sector (GeSI, 2008). Personal computers in particular account for a large amount of the energy consumption within modern buildings such as offices, universities and libraries (Roth et al., 2002). In most cases there is very little incentive to save energy for the occupants of these types of buildings, since they are not paying the electricity bills. Therefore, energy savings without interfering with the user's workflow would be preferable.

It is common to encounter personal computers which are powered on while they are not in use (idle). While each individual computer does not consume much energy, all idle computers combined do waste a significant amount of energy. Saving that energy by putting idle computers to sleep appears to be an obvious solution for decreasing energy consumption, as sleep mode reduces the consumption by more than 95 percent. However, in practice it appears that putting computers to sleep is not as common as one might think, as in some cases up to 64 percent of personal computers are still turned on after work-hours (Webber et al., 2006).

In our research we aim to decrease the energy consumption of personal computers by using the sleep mode of these computers in an intelligent manner. We believe this can be done more intelligently than existing solutions, as we can exploit the fact that users leave their computers at certain times, for example during lunch, or for meetings that take place regularly. By learning these patterns we can predict that their computer will be idle at certain time. Thus we can adjust their personalized sleep timeout such that their computers will go to sleep when they are away, ultimately saving energy without causing discomfort.

The process to determine a personalized sleep timeout is supported by the data which Sleepy collects from computers. Sleepy is the context aware power management software application which was developed as a part of this research. The collected

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In Proceedings of the 5th International Conference on Smart Cities and Green ICT Systems (SMARTGREENS 2016), pages 409-416 ISBN: 978-989-758-184-7

data is used as part of a learning process to find the optimal sleep timeout for individual users. The problem of finding the personalized sleep timeout can be generalized as an optimization problem for sensors which have some type of timeout that is influenced by user behaviour. An optimal timeout is a timeout that balances the benefits and the costs that come with a certain timeout setting. In this case, the timeout is the sleep timeout of personal computers. The costs and benefits are user comfort versus energy savings. Three different models have been defined in order to find the balance between the benefits and costs constraints. We use machine learning to learn linear regression models using the linear least squares approach.

The approach we propose differs from existing solutions as we dynamically build a profile based on the user's behaviour and uses this to determine the optimal sleep timeout at any given point in time. The existing context aware power management systems are most commonly based on predefined rules entered by the user, or depend on specific hardware devices to function optimally. We propose a solution which; 1) does not require any manual actions from the user in order to achieve energy savings, 2) can function on a wide range of computers as it does not depend on specific hardware devices, and 3) aims to keep user comfort high and maintain the user's productivity levels.

We perform experiments in order to verify the energy savings which could be achieved when using a certain model. The experiments are performed on a number of computers of the University of Groningen. These computers are personal computers located in the Bernoulliborg, which is home to the Faculty of Mathematics and Natural Sciences.

The paper is organized as follows: Section 2 presents the background of this work and related works. Section 3 describes the architecture of our solution. Section 4 shows the results of using the solution in practice. Section 5 discusses the results and future works.

2 BACKGROUND

In a study by (Webber et al., 2006) it is discovered that up to 64 percent of all computers in offices are still powered on during after-hours. Only 6 percent of all computers made use of the available power management options, such as sleep mode. Of the monitors attached to the computers around 75 percent were powered on during after-hours. However, 66 percent of all monitors used some form of power management. We can conclude that there are significant savings still to be made by putting computers to sleep. A report from the Intergovernmental Panel on Climate Change (Karayi, 2007) suggests that computers are powered on and left unattended about 28 percent of the time. The authors also show that 49 percent of users never or rarely turn off their computer. Furthermore, findings in (Chiaraviglio and Mellia, 2010) also confirm that computers are usually left powered on. Their findings show that laptops are often turned off, but the more power hungry desktop computers are not. Up to 50 percent of these desktop computers are still running during off peak hours. Of these computers, over 75 percent could be turned off in order to achieve energy savings. According to (Nordman and Christensen, 2009) the energy consumption of desktop computers is around 80 watts when idling. When also including a 17-inch display monitor the energy consumption increases to around 115 watts. Many users already assume their computer has sleep mode enabled, although in reality it is likely that the sleep mode has in fact been disabled, as is indeed the case at the University of Groningen.

These numbers show that there is a lot of potential for energy savings in this area. Especially if these savings could be achieved in an unobtrusive manner.

An issue that arises when putting computers to sleep is that they are no longer available over the network. This is an issue when users want to be able to access their files remotely, and when IT administrators want to be able to manage computers at any given time. In (Christensen and Gulledge, 1998) a solution to this problem is proposed by introducing Sleep Proxies. These proxies allow computers to have a network presence while they are asleep. An actual implementation of this concept is described in (Reich et al., 2010). More research and information on the topic of sleep proxies can be found in (Nordman and Christensen, 2007), (Khan et al., 2012) and (Cheshire, 2008).

Windows Power Management Events are used by the sleep proxy to detect changes in the power state of the computer. We adopt this basic technique and use this in our learning process. Sleep proxies themselves do not adapt to the user's behaviour. This is an aspect which the solution presented in this paper attempts to improve on.

Dynamic sleep timeout optimization is needed in order to minimize the user impact of computers entering sleep mode. In (Durand et al., 2013b) the sleep time-outs of printers are dynamically changed based on the time between print requests. The approach chosen in this research is to apply Hidden Markov Models to create a statistical framework for timeout optimization. More details regarding how to model power management using Markov Models can be found in (Durand et al., 2013a) and in (Benini et al., 1999).

There are software based solutions which also focus on Context Aware Power Management. One of these software solution is PoliSave (Chiaraviglio and Mellia, 2010). PoliSave works by allowing the user to enter a schedule for their computer: the user can specify at which time and day the computer should perform some power management action such as sleep, turn on or turn off. This allows for a great deal of personalization of the power management on userbasis. The authors indicate that usually 56 percent of the computers they monitored were turned on at all time. After applying their techniques this percentage was reduced to 6 percent. The average daily uptime of computers was reduced by more than 6 hours per working day, from 15.9 hours to 9.7 hours. As a result savings of over 219 kWh per year were achieved in their specific environment. The downside of the approach taken by PoliSave is that the users need to manually manage their schedule for the computers.

A different approach is taken by E-Net-Manager (Brienza et al., 2014). The similarity between E-Net-Manager and PoliSave is the fact that they both use a schedule based approach to power management in which the end user manually needs to enter the schedule. The difference is that E-Net-Manager employs other sensors which determine whether a user is present or not. These sensors include BlueTooth sensors which take advantage of how the BlueTooth handshake mechanism works. They also take advantage of other wireless techniques such as using the radio connectivity of smart-phones to determine the presence of specific users. The computer is turned on and off based on this presence. The manual calender based schedule is there for back-up in this case. Another software based solution for power management is Gicomp (Jarus and Oleksiak, 2013). Gicomp realizes a centralized power management platform. The software is able to change the power management policy of large numbers of personal computers simultaneously. The software, however, does not allow personalization of power management policies.

Our solution does not attempt to take over control of the operating system, instead it lets the operating system decide whether the computer is in use or if it is not. We also reuse the built in sleep timeout system of the operating system and optimize it by personalized timeout adjustments. The advantage of this approach is that computers are only put into sleep mode when they are not actually used. Furthermore, our approach does not require predefined rules and schedules, instead it adapts to the user in an automatic, unobtrusive manner. And finally, the system we propose does not have any specific hardware requirements; it works on every personal computer.

3 ARCHITECTURE

As part of this research a software application is developed, named Sleepy. This application manages the sleep timeout of personal computers and monitors the computer usage. The sleep timeout determines when the computer enters sleep mode after being idle for a set amount of time. Sleepy also monitors and collects data from the computers on which it is installed. Before we take a closer look at the models, we have to understand the data sets on which the models are based.

3.1 Data Set

The data set used in our research is obtained by monitoring computers for an extended period of time using the Sleepy-software. For each computer three different types of data are collected: state data, activity data, feedback data. The way Sleepy collects this information about the state of a computer is by listening to System Power Management events.

State Data - State data gives insight into the state of the computer. The state refers to the power management state of the computer and can assume three values: *On, Sleeping* and *Off.*

Activity Data - Activity data is collected in order to detect if a computer is actually being used while it is turned on. The activity value can be either *Active*, *Idle* or *Inactive*. Active means the computers is actively being used, whereas idle means the computer is turned on but not in use. A computer is inactive when it is turned off. Sleepy monitors the activity of the computer by reading the LASTINPUTINFO structure.

Feedback Data - Feedback is collected in order to determine whether Sleepy is working with a minimal user impact. We only collect negative feedback, and we react immediately as soon as negative feedback is received. As a result the user does not have to provide any feedback when everything is working as expected but only when things are not working as they should. Users can explicitly report their feedback using a tray icon presented by Sleepy in the system tray. Right clicking on this tray icon provides the user with the menu option to disable Sleepy until reboot. When this menu option is selected the user will be shown a dialog in which they can specify the reason for disabling Sleepy. When a computer enters sleep mode and is woken up before a certain time has passed it is also considered negative feedback as this could mean that the sleep timeout was too low. The information about the length of a sleep period can be extracted from the state data set.

Activity Probability - The activity probability is based on the activity data set. It represents the probability that a certain computer is actively being used at a given moment in time. This probability is calculated by looking at the historical activity data of the same day of the week, over the past few weeks.

Idle Time - Idle time can also be extracted from the activity data set. It is trivial to determine the idle time of a computer: the current state of the computer can be determined by looking at the most recent value in the activity data set. If this activity state is idle then the idle time is simply the amount of time since the activity state changed to idle. Using the idle time one can determine how long it has been since the computer has been actively used.

3.2 Models

Three models have been defined to optimize the sleep timeout. These models share a common goal: to minimize the amount of time in which a computer is in the idle state. Reducing this idle period is done by putting the computer to sleep. In turn, putting computers to sleep leads to energy savings. However, it is important that the negative feedback remains minimal to maintain a high level of user comfort and productivity.

In order to determine the performance of each model they are graded according to some cost function. The cost for choosing a certain sleep timeout can only be determined after a certain amount of time has passed, as negative feedback is not always instantaneous. The cost function for determining the performance of the model for a given timespan is defined as:

$$A_{idle} = \{ z \in A_t \, | \, z = idle \} \tag{1}$$

$$E(t) = \sum_{z \in A_{idle}} z + (1 + \frac{N(t)}{h(t)})N(t)$$
(2)

$$=\sum_{z\in A_{idle}}z+N(t)+\frac{N(t)^2}{h(t)}$$
(3)

Where A_t is the set of activity data containing time intervals for every activity change for timespan t. A_{idle} is the set of activity data only containing the time intervals during which the activity was idle. N(t) represents the negative feedback collected for timespan 't'. h(t) is the hours of sleep measured for the given timespan. It can be argued that an increase in negative feedback (decrease in user comfort) is more costly than an increase in idle time (decrease in energy savings), therefore $\frac{N(t)}{h(t)}$, the ratio of negative feedback per hours of sleep, is used to adjust this cost. This ratio an indication of how expensive in terms of discomfort each hour of sleep is. E(t) is the resulting cost for the given model over timespan 't'.

Three concrete models have been developed based on three different types of data: activity probability, negative feedback and idle time. The models return a personalized sleep timeout for a given time, s(t), returning the sleep timeout in minutes, where t is an instant in time. The first model is a rule based model whereas the remaining two models are linear regression models. The weights for these linear regressions models (denoted as w_x) are obtained using linear regression.

The goal of Model 1 is to have a high sleep timeout whenever there is a chance of user activity at that given moment in time. The sleep timeout becomes low when there is a low probability of user activity.

$$s(t) = \begin{cases} s_{max}, & \text{if } P_a(t) > \varepsilon. \\ s_{min}, & \text{otherwise.} \end{cases}$$
(4)

- $P_a(t)$ Activity probability at time t
- ε Activity threshold
- *s_{min}* Minimum sleep timeout value
- *s_{max}* Maximum sleep timeout value

The goal of Model 2 is to find the most optimal sleep timeout based on two different input parameters: activity probability and negative feedback.

$$s(t) = w_2 P_a(t) + w_1 N(t) + w_0 \tag{5}$$

- $P_a(t)$ Activity probability at time t
- N(t) Negative feedback count at time t

A higher activity probability should lead to an increase of the sleep timeout, if the probability of a computer being in use is high it should not enter sleep mode. Furthermore, an increase in negative feedback should also lead to an increase of the sleep timeout. The difference is that an increase in negative feedback should increase the sleep timeout more than an increase in activity probability. The negative feedback at time t also includes negative feedback received before time t.

The goal of Model 3 is to find the most optimal sleep timeout based on three different input parameters: activity probability, negative feedback and idle time.

$$s(t) = w_3 P_a(t) + w_2 N(t) + w_1 I(t) + w_0$$
(6)

- $P_a(t)$ Activity probability at time t
- N(t) Negative feedback count at time t
- I(t) Idle time in minutes at time t

The first two parameters of this model work according to the same principles as described for Model 2. The third parameter, idle time, also increases the sleep timeout as its own value increases. The rate of increase should be somewhere in between those of the first two parameters.

4 EXPERIMENTS

Experiments have been performed to determine the effectiveness of the three different models previously defined. The experiments were performed over the course of three weeks, starting on the 1st of June 2015 and ending on the 22nd of June 2015. These dates were chosen such that no holidays occurred during the experiments, to prevent skewed results. Our solution was deployed two months prior, in April 2015, in order to begin the collection of data and test the stability in the operating environment.

A total of fourteen computers were part of the experiments. These are computers used by staff members in the Bernoulliborg, a building of the University of Groningen. These staff members include; professors, lecturers and researchers but also faculty staff. By including staff members with different roles we try to simulate a realistic environment and test if our solution is still effective when the user's activity is less predictable. The participants were split into three groups. For each week, each group tested a different model. Each model has been tested and evaluated for exactly six days, starting on Monday and ending on Saturday. The seventh day of the week, Sunday, was used for transitioning between models.

4.1 Computer Usage Profiling

Predicting when a computer will be in use is a very important aspect when determining the personalized sleep timeout. Each of the three models take this into account by calculating the activity probability. The activity probability represents the probability of seeing activity on a computer at a certain moment in time. A usage profile can be generated by calculating the activity probability at multiple points during a given time interval.

The data appears to have a weekly seasonality as users often work on the same days every week. Therefore, historical data from the same day of the week is used to predict the future activity. Data from up to four weeks ago is used in the prediction of the activity probability. When predicting the activity probability for a certain moment in time a window of ten minutes is used. Equation 7 shows how the profiles are calculated.

$$P_{activity}(t) = \frac{\sum_{i=1}^{n} f(t - weeks(n))}{n}$$

$$f(t) = \begin{cases} 0, & \text{if no activity} \\ 1, & \text{if some activity} \end{cases}$$
(7)

The profiles shown in the following figures are the average profile of all three weeks. The probability ranges anywhere from zero to one hundred percent. Where zero percent indicates there is no predicted activity, and one hundred percent indicating that there is a probability of a hundred percent of seeing activity. These average profiles were generated by combining the daily profiles. A number of patterns can be seen in most of the profiles, where the activity probability drops at certain times. The most common drop occurs at around 1 PM. This can be explained by users leaving their computer for their lunch break. Another common pattern is a drop in the activity probability around 10 PM or 11 PM. Another pattern that can also be seen in the activity profiles is that most users use their computer almost exclusively between 8AM and 7PM. Both these patterns can be seen in Figure 1, Figure 2 and Figure 3. The patterns verify that there are indeed opportunities to save energy, even if users shut down their computer at the end of every day. Assuming an average working day of eight hours and a lunch break of thirty minutes means that the computer could potentially sleep for at least 6.25% of the time during a full working day.



Figure 1: Computer 1 - average activity probability.

4.2 Results

For the experiments the following parameters have been set for Model 1: the minimum sleep timeout s_{min} is five minutes. The maximum sleep timeout s_{max} is sixty minutes. The activity threshold ε is set to a value of 0.05, or 5 percent.

For determining the initial timeout we use training data that is based on expert knowledge of which



Figure 2: Computer 2 - average activity probability.



Figure 3: Computer 7 - average activity probability.

timeout should be associated to the given input parameters. It allows us to have a reasonable sleep timeout to start with, and prevent negative feedback that would be associated with a complete cold start. The data is split into training data and test data. Sixty percent of the data is used for training and the remaining fourty percent is used to test the trained model. Once this model has been trained it is automatically adjusted based on the parameters. Spark MLlib provided the implementation for solving these regression problems.

Table 1 shows the idle time per model in hours, and also the average idle time per computer. Model 3 becomes more aggressive, with regards to decreasing the sleep timeout, the longer a computer is idle. Therefore it is as expected that this model has the least amount of idle time.

Table 1: Total idle time in hours per model.

Model	Hours Idle	Per PC	Std. dev.
Model 1	31.19h	2.60h	1.73
Model 2	27.05h	2.25h	1.76
Model 3	19.57h	1.63h	1.56

The exact number of hours of sleep for each model are shown in Table 2. Using Model 2 or Model 3 results in over four times as many hours of sleep compared to Model 1. The difference in hours of sleep is due to the fact that the first model puts the computer to sleep when there is almost zero probability of seeing activity. Which means that there are fewer moments when it puts the computer to sleep, when compared to the other two models. The second and third models are more aggressive when with regards to determining the sleep timeout, and therefore result in more hours of sleep.

Table 2: Total sleep in hours per model.

Model	Hours Sleeping	Per PC	Std. dev.
Model 1	5.54h	0.46h	0.42
Model 2	22.26h	1.85h	2.29
Model 3	23.68h	1.97h	3.17

An overview of the negative feedback occurrences can be seen in Table 3. Model 1 did not generate any negative feedback. This can be explained by the fact that this model is the least aggressive model.

Table 3: Negative feedback occurances.

Model	Negative Feedback	Per PC
Model 1	0	0.0
Model 2	11	0.917
Model 3	14	1.167

We can apply the previously defined cost function (eq. 3) to determine the ranking of each model. A lower score means that the model performs better. We can input the values for the idle time, the negative feedback and hours of sleep. The equations for each model become:

$$E_{model1}(t) = 31.19 + 0 + \frac{0^2}{5.54} = 31.19$$
 (8)

$$E_{model2}(t) = 27.05 + 11 + \frac{11^2}{22.26} = 43.48$$
 (9)

$$E_{model3}(t) = 19.57 + 14 + \frac{14^2}{23.68} = 41.84$$
(10)

These results show that model 1 is the optimal model in terms of minimizing user discomfort.

The energy consumption of a computer is around 115 watts according to Nordman et al (Nordman and Christensen, 2009). According to Roberson et al (Roberson et al., 2002) the power consumption of desktop computers is around 105 watts. In (Bluejay, 2012) the authors conclude that the energy consumption of computers ranges anywhere from 77 watts to 322 watts. All sources agree that the power consumption when sleeping is around 5 watts. In the following calculations we shall use 150 watts as the average power consumption. This is based on measurements taken from computers in the Bernoulliborg. Furthermore, we shall use the energy tariffs in the Netherlands, which is 22 eurocents per kilowatt-hour (Mileu Centraal, 2015a) at the time of writing.

The number of computers in the Bernoulliborg is estimated to be around 500. This estimation is based on the fact that there is room for 350 employees, where we assume at least one computer per employee. We also have to include the number of computers for students, this number is estimated to be around 150. This is based on the fact that there are six large computer rooms on the second floor with around 25 computers each.

The amount of sleep per computer per month is shown in Table 4. The difference between Model 1 and the other models is significant: Model 1 results in only 2.31 hours of sleep whereas both other models result in 9 to 10 hours of sleep. The monthly hours of sleep were calculated by multiplying the sleep per computer times 5. This is because the hours of sleep per computer was taken over a 6 day period. It is important to know the number of hours a computer is asleep in order to determine the monthly kWh savings per model.

Table 4: Sleep per month in hours.

Model	Total Sleep	Per PC	PC per Month
Model 1	5.55h	0.46h	2.31h
Model 2	22.26h	1.85h	9.27h
Model 3	23.68h	1.97h	9.87h

To determine the monthly energy savings we have to determine two things: the kWh consumed per computer while it was sleeping and the kWh the computer would have consumed if it would have been turned on instead of asleep. These numbers can be seen in Table 5.

Table 5: kWh consumption per month per computer.

Model	Sleeping	Turned On	Savings
Model 1	0.012 kWh	0.35 kWh	0.33 kWh
Model 2	0.046 kWh	1.39 kWh	1.35 kWh
Model 3	0.049 kWh	1.48 kWh	1.43 kWh

Over the course of a year the savings per computer add up to a significant number as can be seen in Table 6. Even using Model 1 saves around 4 kWh per computer per year. This equals to around 90 eurocents worth of energy savings per computer per year. Using Model 2 or Model 3 results in 16 to 17 kWh of energy savings, or 3.55 euro to 3.77 euro of economic savings.

Table 6: Estimated annual savings per computer.

Model	Savings per PC	Savings per PC
Model 1	4.02 kWh	€0.89
Model 2	16.13 kWh	€3.55
Model 3	17.17 kWh	€3.77

Finally, let us take a look at the annual savings that could be achieved in an actual office building. The results for the Bernoulliborg can be seen in Table 7. If all computers in Bernoulliborg used Model 1 then the annual savings would be 2010.68 kWh, which amounts to 442.35 euro. The biggest savings can be achieved using Model 3: the savings are 8583.49 kWh or 1888.37 euro.

Table 7: Estimated annual savings in Bernoulliborg.

Model	Savings (kWh)	Savings (euro)
Model 1	2010.68 kWh	€442.35
Model 2	8067.44 kWh	€1774.84
Model 3	8583.49 kWh	€1888.37

5 CONCLUSION AND FUTURE WORK

We have looked at how context aware power management based on user behaviour can be implemented and used in practice. We have also looked at several different models and the savings which were achieved by each of these models by performing experiments over the course of a month. Considering the number of typical office buildings around the world, the number of computers used, and the potential savings per computer, if this solution were widely applied its environmental impact would be significant.

Besides measured savings, our solution provides valuable additional information about computer usage in a workspace. Using this information we can introduce additional savings for other control solutions by increasing the sensor data accuracy. For instance, computer usage information provides higher accuracy of algorithms for presence and activity recognition that are used for lighting, appliances and heating control.

Furthermore the research opens an interesting area to which other machine learning techniques can be applied. Instead of using linear regressions models one can also look at other methods of modelling a personalized sleep timeout. A good candidate would be to explore the possibilities that reinforcement learning offers. We plan to improve on a number of points in our future work. The experiments were performed on fourteen computers of staff members in a building of the University of Groningen.

For more statistically significant results, we will repeat the experiments on a larger sample of computer which contain more different types of users. Moreover, it will be interesting to compare the results from staff member computers with those from the publicly available student computers. Besides energy and economic savings, we will investigate the proposed solution from the perspective of user acceptability.

By deploying our solution on a number of computers within the Bernoulliborg we were able to save energy quite effectively, allowing us to save up to 17.17 kWh per year per computer. These savings were achieved despite the fact that the environment in which we performed the experiments was already reasonably energy efficient, as all participants turned their computer off during off-peak hours. The amount of energy saved within building Bernoulliborg, when using Model 3 for a year on all computers, would be 8583.49 kWh. Which is enough energy to power an average sized Dutch household for almost two and a half years (Mileu Centraal, 2015b).

ACKNOWLEDGEMENTS

We thank Marco Wiering for his feedback, support, and the valuable discussions regarding the models. We also thank Tuan Anh Nguyen for numerous discussions and active involvement. Furthermore we thank Ronald Zwaagstra for providing equipment for our development process, as well as to the CIT personnel for their support with deploying our solution in the Bernoulliborg building of the University of Groningen. The work is supported by The Netherlands Organisation for Scientific Research NextGenSmart DC project, contract no. 629.002.102.

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