

# Prepare your device for Safe Exam Browser

To avoid problems during your quiz online using a safe exam browser, you may need to change the sleep and region settings

## Windows

### Sleep settings

1. Click the **Start** menu, then search for *Power & sleep settings*.
2. Under *On battery power, turn off after*, select *1 hour*.

### Region settings

If you have a Windows laptop, set your region to the location where you'll be sitting your online quiz

1. Click the **Start** menu, then search for *Region settings*.
2. Under *Country or region*, select the location.

## macOS

1. Click the Apple icon > **System Preferences** > **Energy Saver** > **Battery**.
2. Turn off *Enable Power Nap while on battery power*.
3. Under *Turn display off after*, select *1 hour*.

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