

How to allow your PC to Sleep during a backup

Normally, when running a backup or restore, Macrium Reflect ensures that the PC is in a continuous running state and prevents Windows from entering Sleep or Hibernate power saving modes. This is desirable as resuming from a power saving state can cause backups to fail. We have however included a registry entry that will prevent Reflect from running in 'Continuous' mode during a backup:

Macrium Reflect release v7.1.2638, and later, contains an unsupported registry entry that you can use to disable the thread execution state change. This will enable suspend/hibernate during backups:

Please create the following value:

Name	Value
Key	HKEY_LOCAL_MACHINE\SOFTWARE\Macrium\Reflect\Settings
Name	SetThreadExecutionState
Type	DWORD 32 Bit
Value	0

Use with caution: Backup problems may occur when a PC resumes from Sleep/Hybrid sleep/Hibernate.