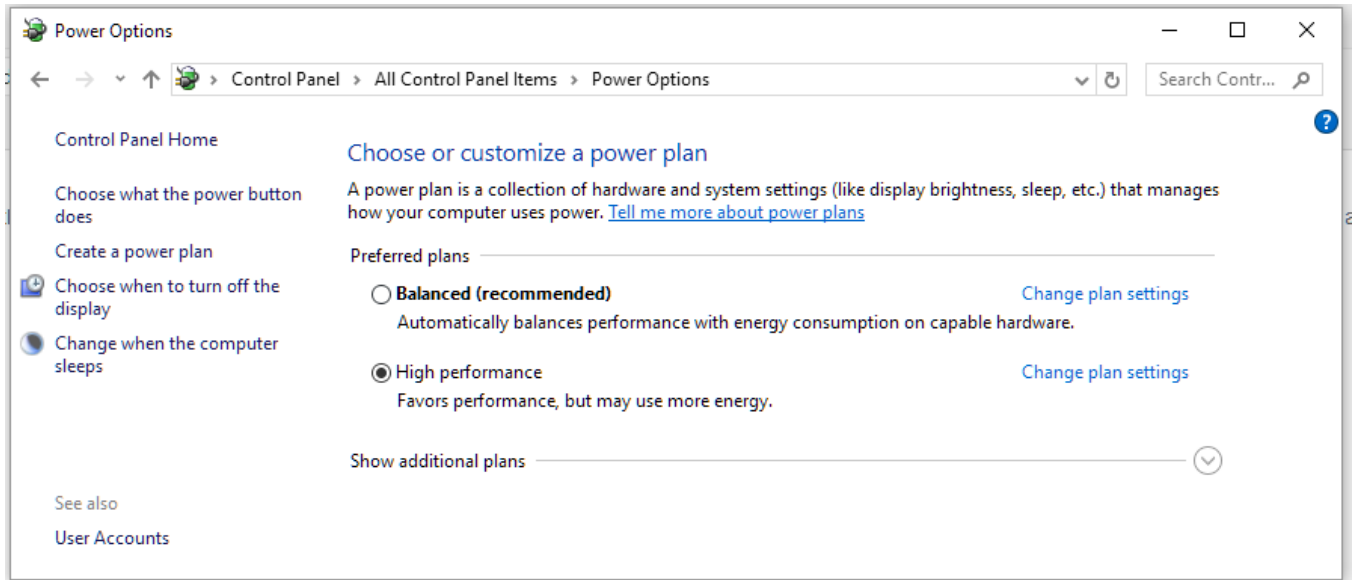# Quick Scan Report – Power Settings

If your server is configured with a balanced or power saving setting, it may impact the performance of your server by slowing processors to use less power, or spinning down disk to save on power. The only power setting that is appropriate for SQL Server that requires performance is the High Performance setting. You can adjust this in the power options in the control panel.

Even though Windows recommends the Balanced option, it is not a good option for your SQL Server unless, you are more concerned with the amount of power being used than the speed of the server.