

Disable MacOS going to sleep

Use-cases

- let local Cloud Code run with laptop lid closed, be connected to Internet via tethered mobile connection (via mobile phone) and with mobile Claude Code app, connect to the laptop to continue the session. That is useful in commuting, when carrying laptop.

Purpose:

- let loads be running when Macbook's lid is closed and AC electricity is disconnected = carrying laptop in the bag / backup

Set

```
sudo pmset -a disablesleep 1
```

Verify

```
sudo pmset -g
```

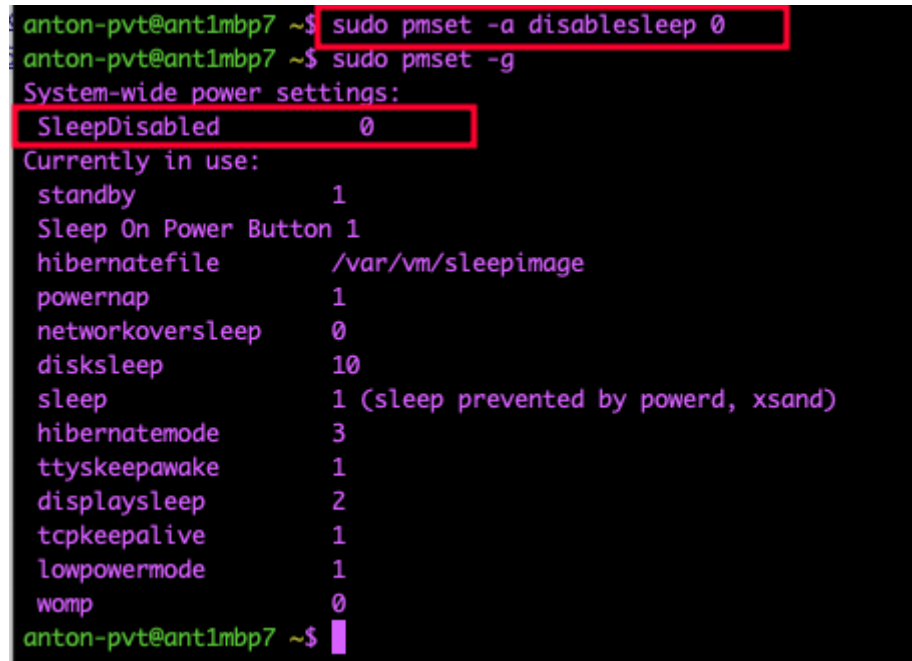
```
anton-pvt@ant1mbp7 ~$ sudo pmset -a disablesleep 1
Password:
anton-pvt@ant1mbp7 ~$ sudo pmset -g
System-wide power settings:
  SleepDisabled          1
Currently in use:
standby                  1
Sleep On Power Button 1
hibernatefile            /var/vm/sleepimage
powernap                 1
networkoversleep        0
disksleep               10
sleep                   1 (sleep prevented by powerd, xsand)
hibernatemode            3
ttyskeepawake           1
displaysleep            2
tcpkeepalive            1
lowpowermode            1
womp                    0
anton-pvt@ant1mbp7 ~$
```

To enable "go to sleep"

```
sudo pmset -a disablesleep 0
```

Verify

```
sudo pmset -g
```



```
anton-pvt@ant1mbp7 ~$ sudo pmset -a disablesleep 0
anton-pvt@ant1mbp7 ~$ sudo pmset -g
System-wide power settings:
SleepDisabled          0
Currently in use:
standby                1
Sleep On Power Button 1
hibernatefile          /var/vm/sleepimage
powernap               1
networkoversleep       0
disksleep              10
sleep                  1 (sleep prevented by powerd, xsand)
hibernatemode          3
ttyskeepawake          1
displaysleep           2
tcpkeepalive           1
lowpowermode           1
womp                   0
anton-pvt@ant1mbp7 ~$
```

There is another widely used application for this purpose, but upon it's naming, it will be avoided on this page.

Warnings:

- running laptop without sufficient colling might damage it
- author does not carry any responsibility on circumstances

Revision #1

Created 12 September 2026 08:59:43 by Anton

Updated 12 September 2026 09:10:06 by Anton