

Can I turn off the uninterruptible power supply

Source: <https://elalmacendelaireacondicionado.es/Thu-17-Jun-2021-19572.html>

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Generated on: 2026-05-21 15:11:57

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You don't need to turn off the UPS and you don't have to unplug anything. I WILL find your ITX build thread, and I WILL recommend the Silverstone Sugo SG13B Primary PC:

So when I turn off my pc, after it turned off I flip the switch on my power supply so my lights won't stay on all the time. But is it bad for your pc's stability to turn off my...

That initial surge happens regardless of the switch in the back, it happens everytime you turn on the PC. It's no big deal, the PSU was desgined for it in normal usage.

Even if you don't need them to stay on, most electronics benefit from having the opportunity to safely turn off or shut down. Specifically, it can be helpful to plug your router in with ...

It conditions incoming power to ensure clean and uninterrupted power, protects devices from power problems and enables seamless system shutdown during complete outages.

Shutting down an Uninterruptible Power Supply (UPS) without impacting the IT load is crucial to avoid data loss or hardware damage. Here are the steps you should follow to safely shut ...

There's no need to turn stuff off at the socket or unplug it when not in use. Just shut the computer down, and leave everything else as-is.

If you plan to not use your UPS for a longer period, such as several days, it is best to turn it off. This is because the battery will continue to discharge even when the UPS is not in use, and this ...

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