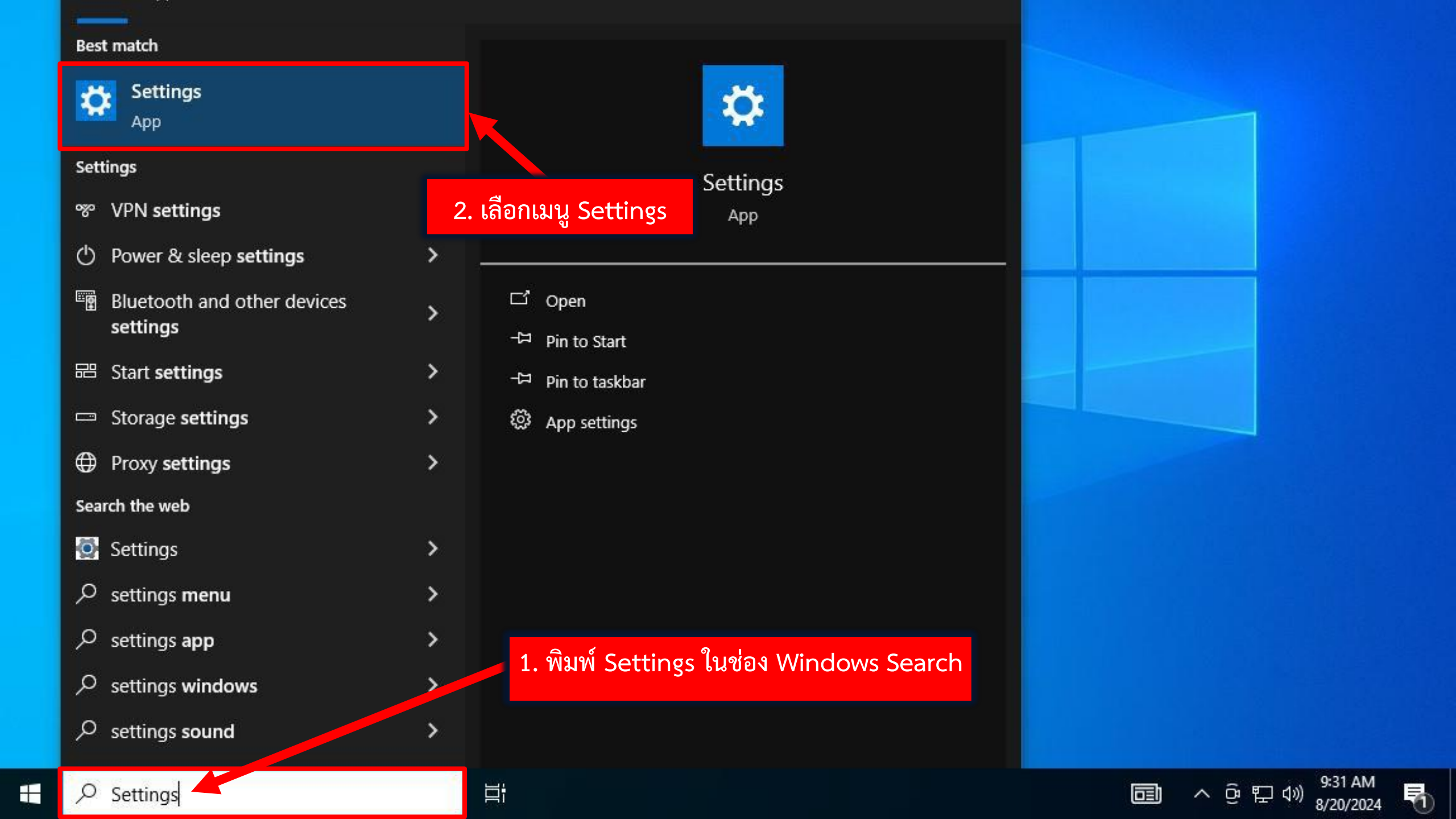
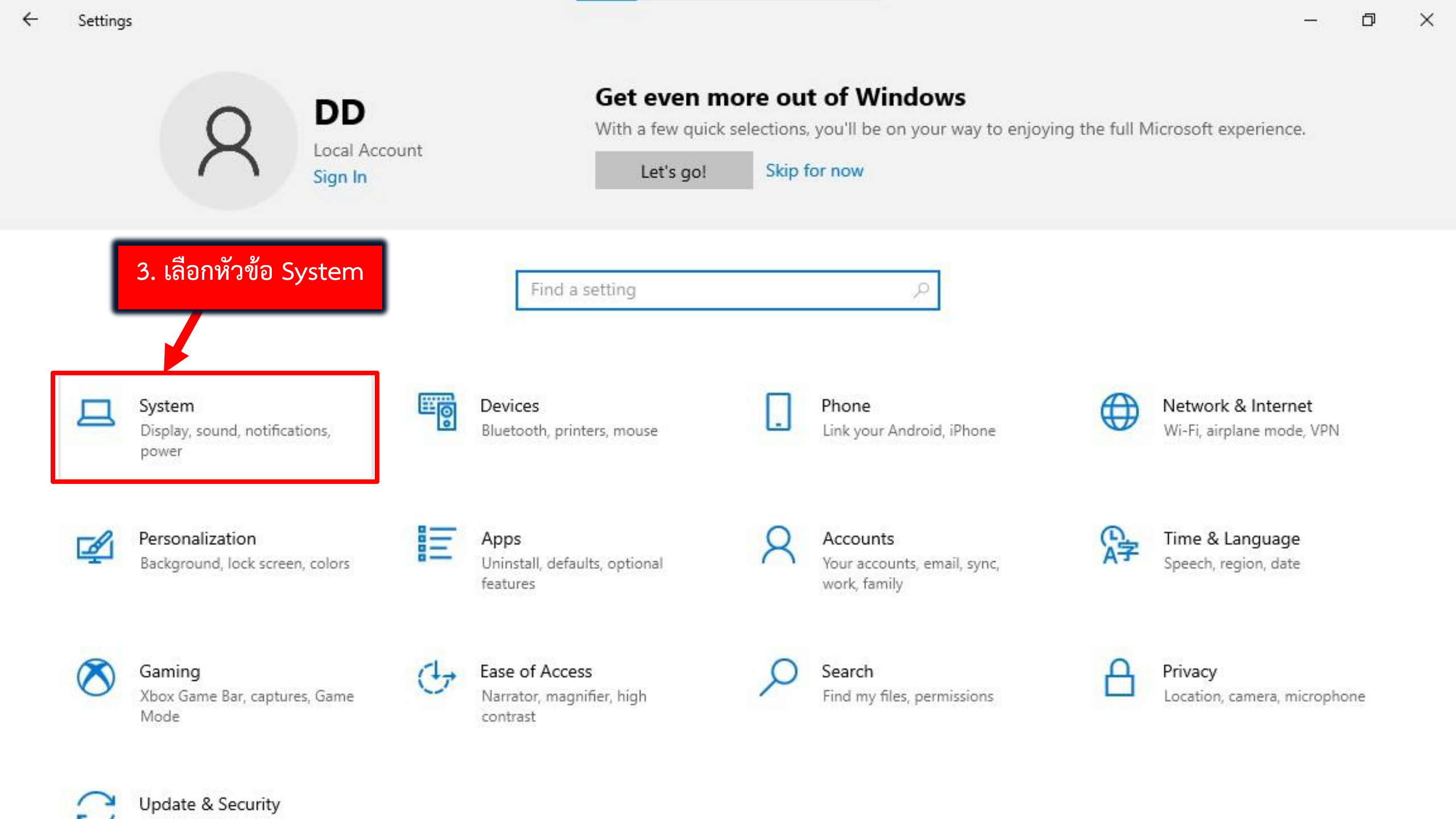
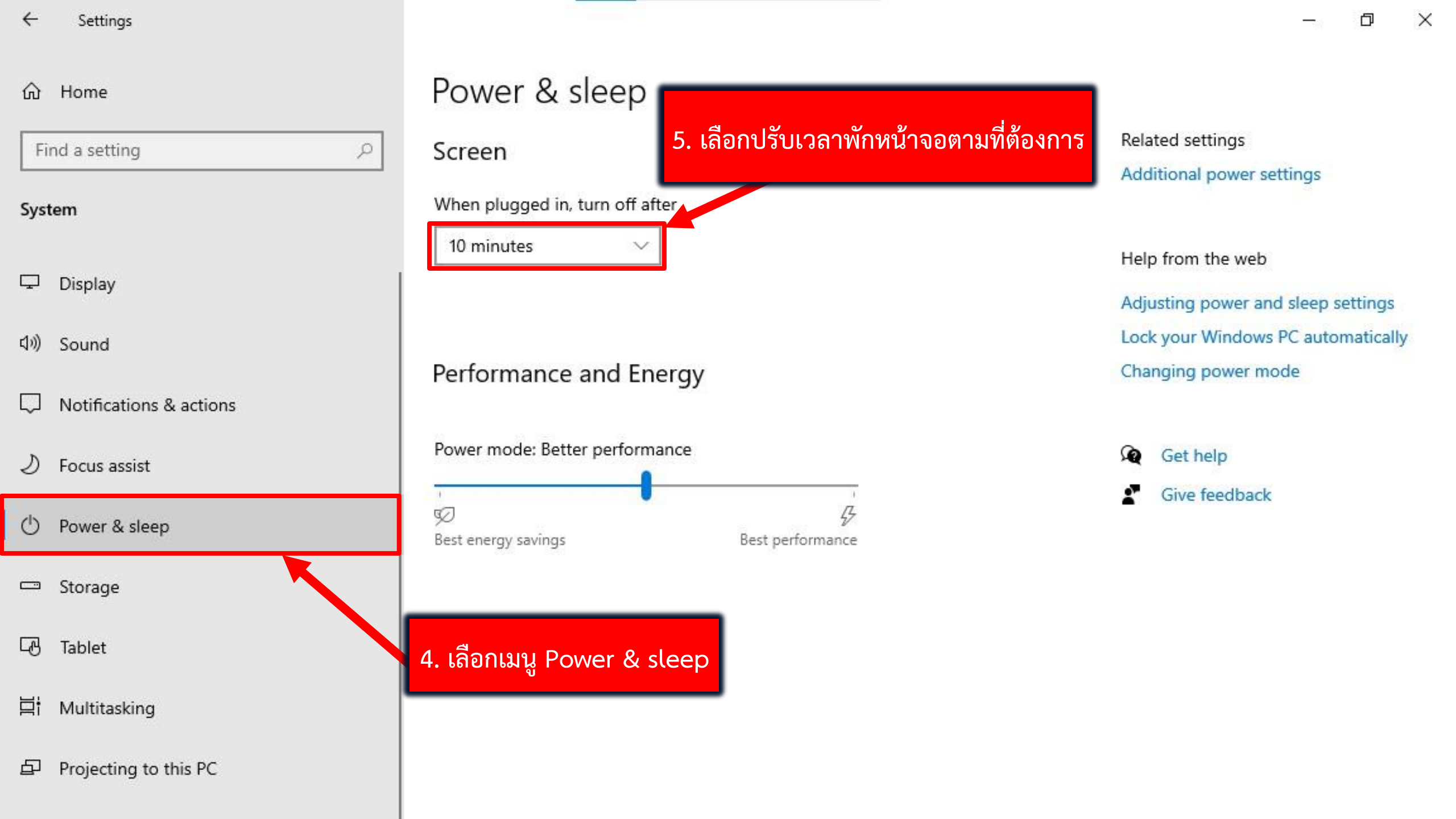
คู่มือการตั้งเวลาพักหน้าจอ Windows

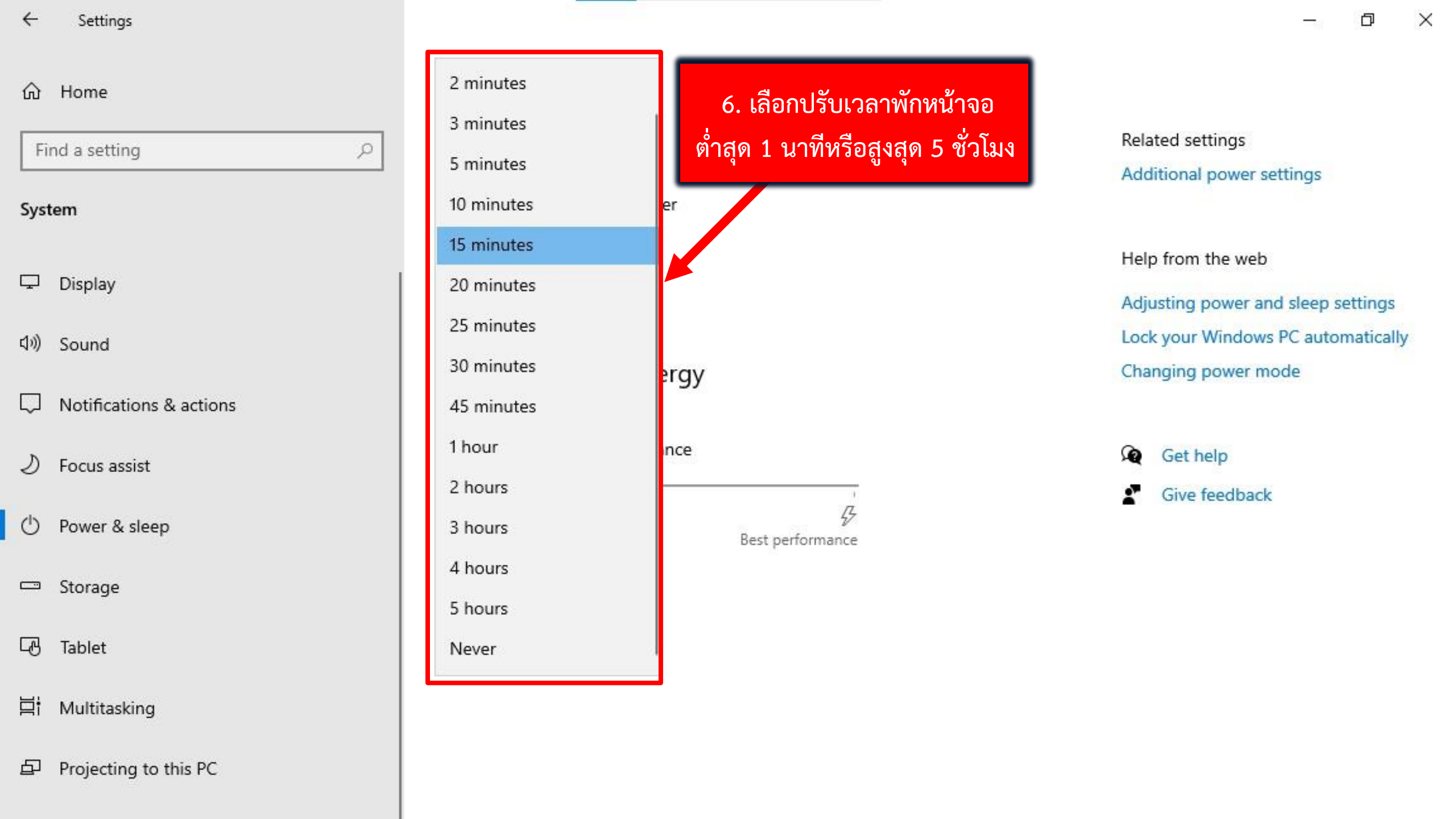
Windows 10

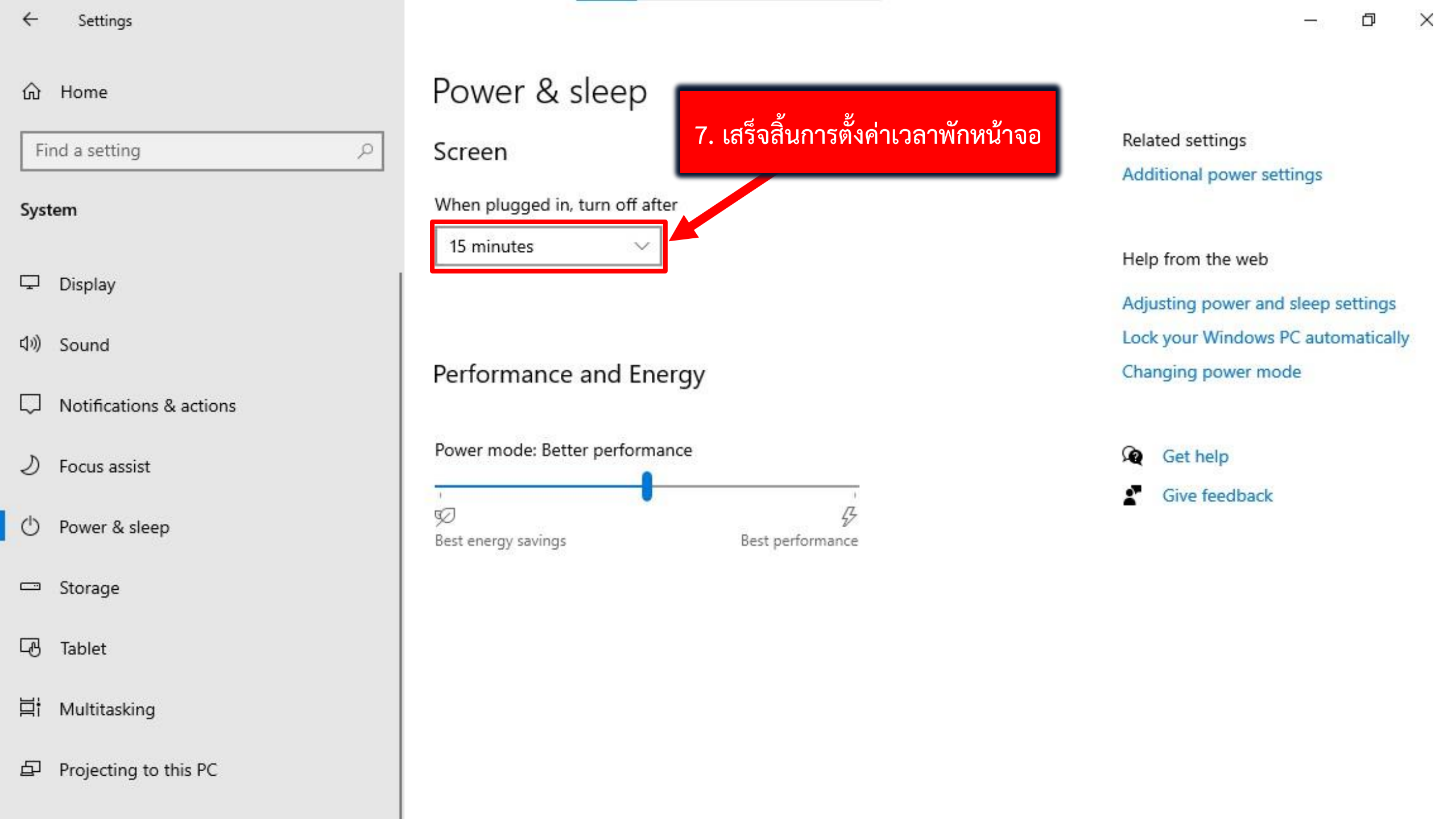
Windows 11
Windows 10


Best match
Settings
App
Settings
VPN settings
Power & sleep settings
Bluetooth and other devices settings
Start settings
Storage settings
Proxy settings
Search the web
Settings
settings menu
settings app
settings windows
settings sound
2. เลือกเมนู Settings
Settings
App
Open
Pin to Start
Pin to taskbar
App settings
1. พิมพ์ Settings ในช่อง Windows Search
Settings
9:31 AM
8/20/2024


Settings
DD
Local Account
Sign In
Get even more out of Windows
With a few quick selections, you'll be on your way to enjoying the full Microsoft experience.
Let's go!
Skip for now
3. เลือกหัวข้อ System
Find a setting
System
Display, sound, notifications, power
Devices
Bluetooth, printers, mouse
Phone
Link your Android, iPhone
Network & Internet
Wi-Fi, airplane mode, VPN
Personalization
Background, lock screen, colors
Apps
Uninstall, defaults, optional features
Accounts
Your accounts, email, sync, work, family
Time & Language
Speech, region, date
Gaming
Xbox Game Bar, captures, Game Mode
Ease of Access
Narrator, magnifier, high contrast
Search
Find my files, permissions
Privacy
Location, camera, microphone
Update & Security


Settings
Home
Find a setting
System
Display
Sound
Notifications & actions
Focus assist
Power & sleep
Storage
Tablet
Multitasking
Projecting to this PC
Power & sleep
Screen
When plugged in, turn off after
10 minutes
Performance and Energy
Power mode: Better performance
Best energy savings
Best performance
Related settings
Additional power settings
Help from the web
Adjusting power and sleep settings
Lock your Windows PC automatically
Changing power mode
Get help
Give feedback
5. เลือกปรับเวลาพักหน้าจอตามที่ต้องการ
4. เลือกเมนู Power & sleep

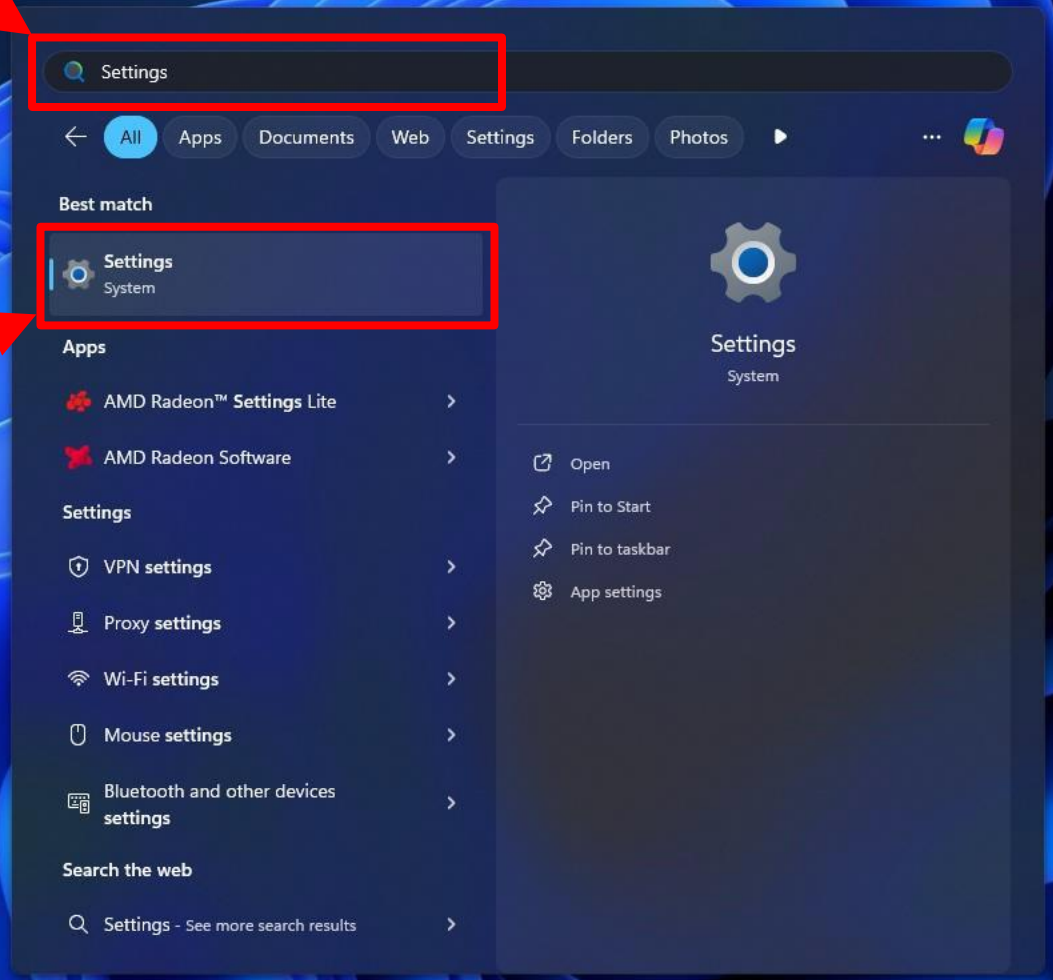

Settings
Home
Find a setting
System
Display
Sound
Notifications & actions
Focus assist
Power & sleep
Storage
Tablet
Multitasking
Projecting to this PC
2 minutes
3 minutes
5 minutes
10 minutes
15 minutes
20 minutes
25 minutes
30 minutes
45 minutes
1 hour
2 hours
3 hours
4 hours
5 hours
Never
6. เลือกปรับเวลาพักหน้าจอ
ต่ำสุด 1 นาทีหรือสูงสุด 5 ชั่วโมง
Best performance
Related settings
Additional power settings
Help from the web
Adjusting power and sleep settings
Lock your Windows PC automatically
Changing power mode
Get help
Give feedback

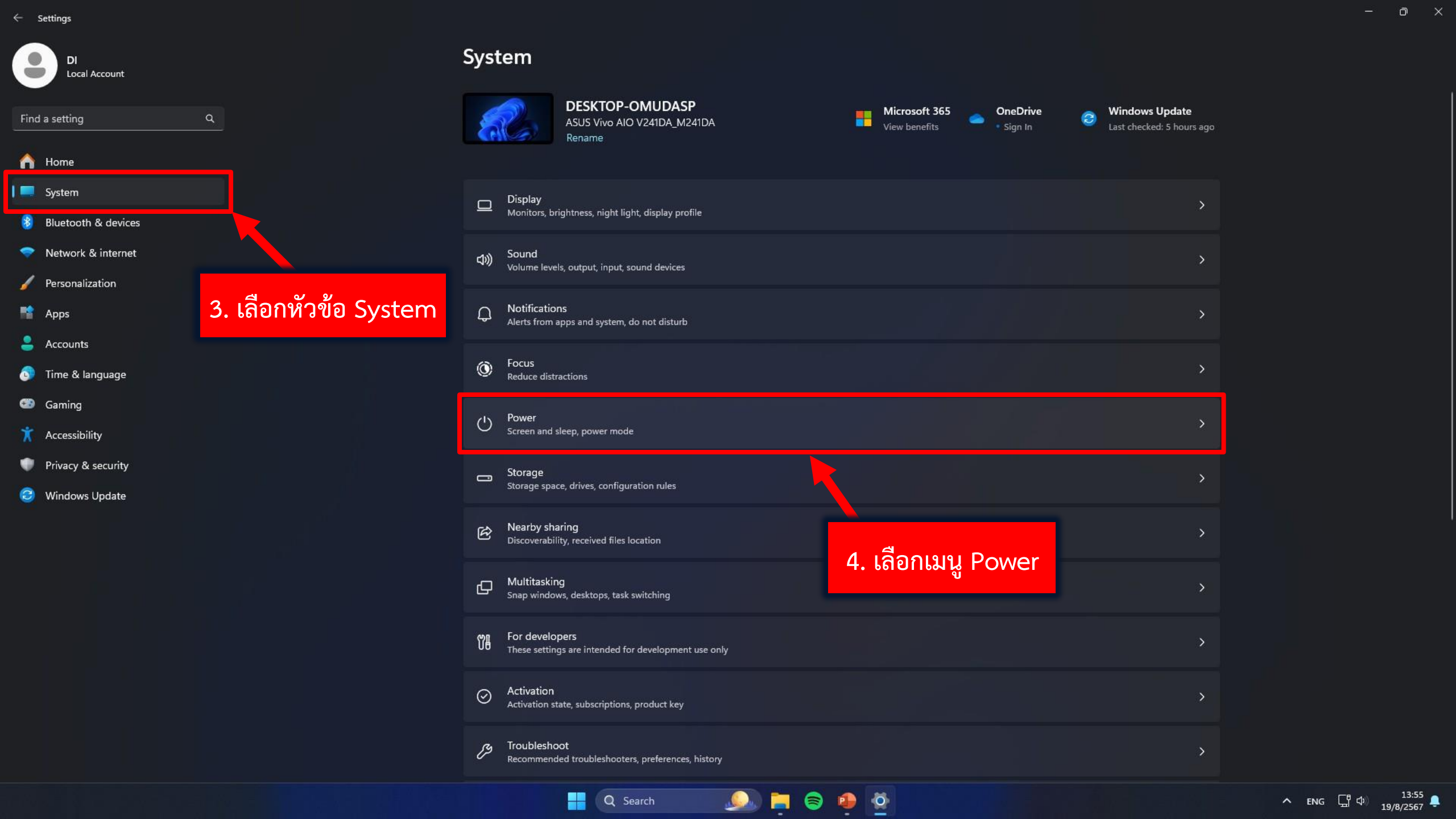

Settings
Home
Find a setting
System
Display
Sound
Notifications & actions
Focus assist
Power & sleep
Storage
Tablet
Multitasking
Projecting to this PC
Power & sleep
7. เสร็จสิ้นการตั้งค่าเวลาพักหน้าจอ
Screen
When plugged in, turn off after
15 minutes
Performance and Energy
Power mode: Better performance
Best energy savings
Best performance
Related settings
Additional power settings
Help from the web
Adjusting power and sleep settings
Lock your Windows PC automatically
Changing power mode
Get help
Give feedback

Windows 11

1. พิมพ์ Settings ในช่อง Windows Search

2. เลือกเมนู Settings




Settings
DI
Local Account
Find a setting
Home
System
Bluetooth & devices
Network & internet
Personalization
Apps
Accounts
Time & language
Gaming
Accessibility
Privacy & security
Windows Update
3. เลือกหัวข้อ System
System
DESKTOP-OMUDASP
ASUS Vivo AIO V241DA_M241DA
Rename
Microsoft 365
View benefits
OneDrive
Sign In
Windows Update
Last checked: 5 hours ago
Display
Monitors, brightness, night light, display profile
Sound
Volume levels, output, input, sound devices
Notifications
Alerts from apps and system, do not disturb
Focus
Reduce distractions
Power
Screen and sleep, power mode
Storage
Storage space, drives, configuration rules
Nearby sharing
Discoverability, received files location
4. เลือกเมนู Power
Multitasking
Snap windows, desktops, task switching
For developers
These settings are intended for development use only
Activation
Activation state, subscriptions, product key
Troubleshoot
Recommended troubleshooters, preferences, history
Search
ENG
13:55
19/8/2567

Settings

DI
Local Account

Find a setting

- Home
- System
- Bluetooth & devices
- Network & internet
- Personalization
- Apps
- Accounts
- Time & language
- Gaming
- Accessibility
- Privacy & security
- Windows Update

System › Power

Energy recommendations
Lower your carbon footprint by applying these recommendations
3 of 6

Power

Screen and sleep

When plugged in, turn off my screen after — 1 minute

When plugged in, put my device to sleep after — 1 minute

Related links Choosing energy efficient sleep settings

Power mode
Optimize your device based on power use and performance
Best performance

Related support

Help with Power

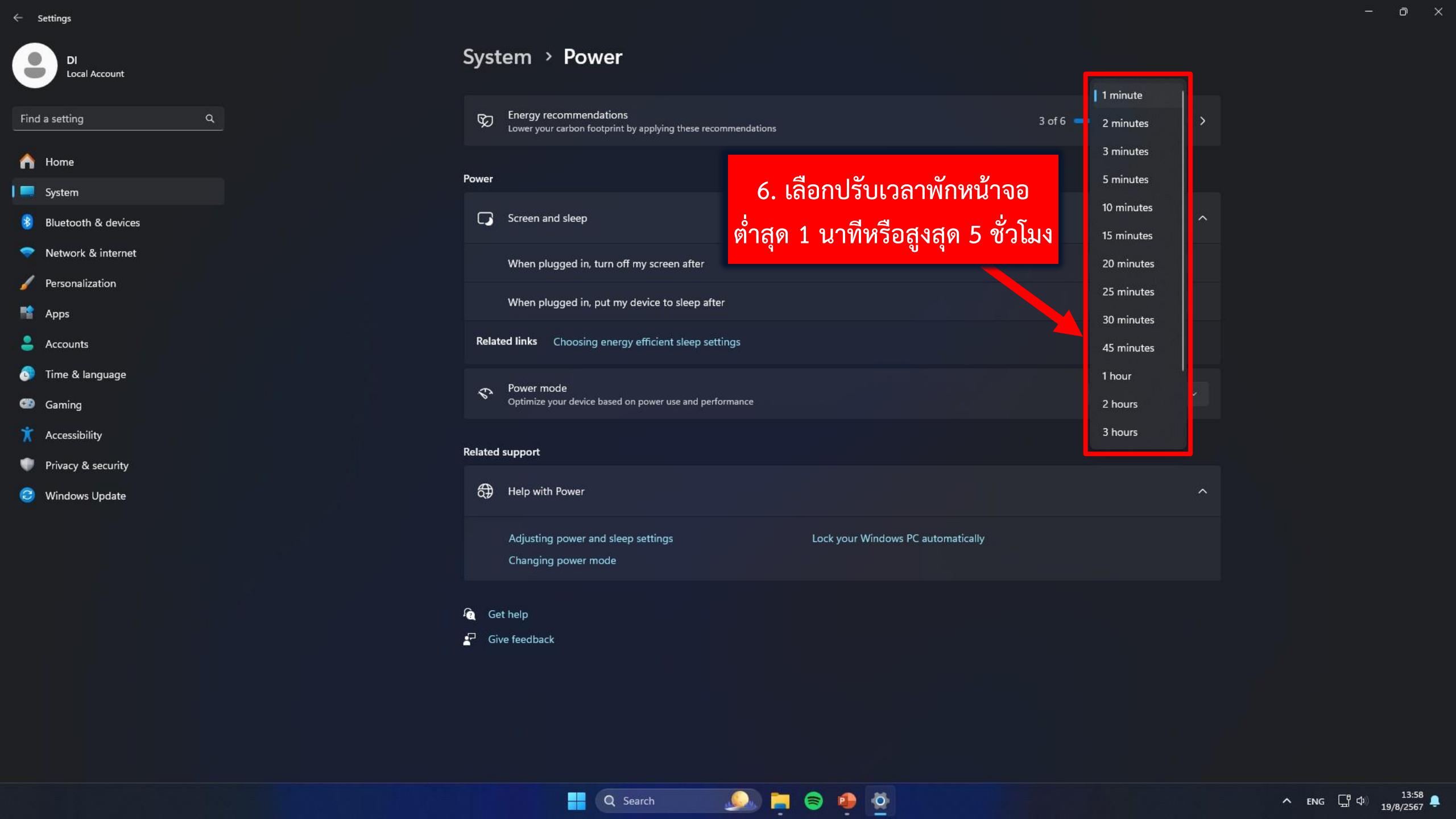
Adjusting power and sleep settings
Changing power mode
Lock your Windows PC automatically

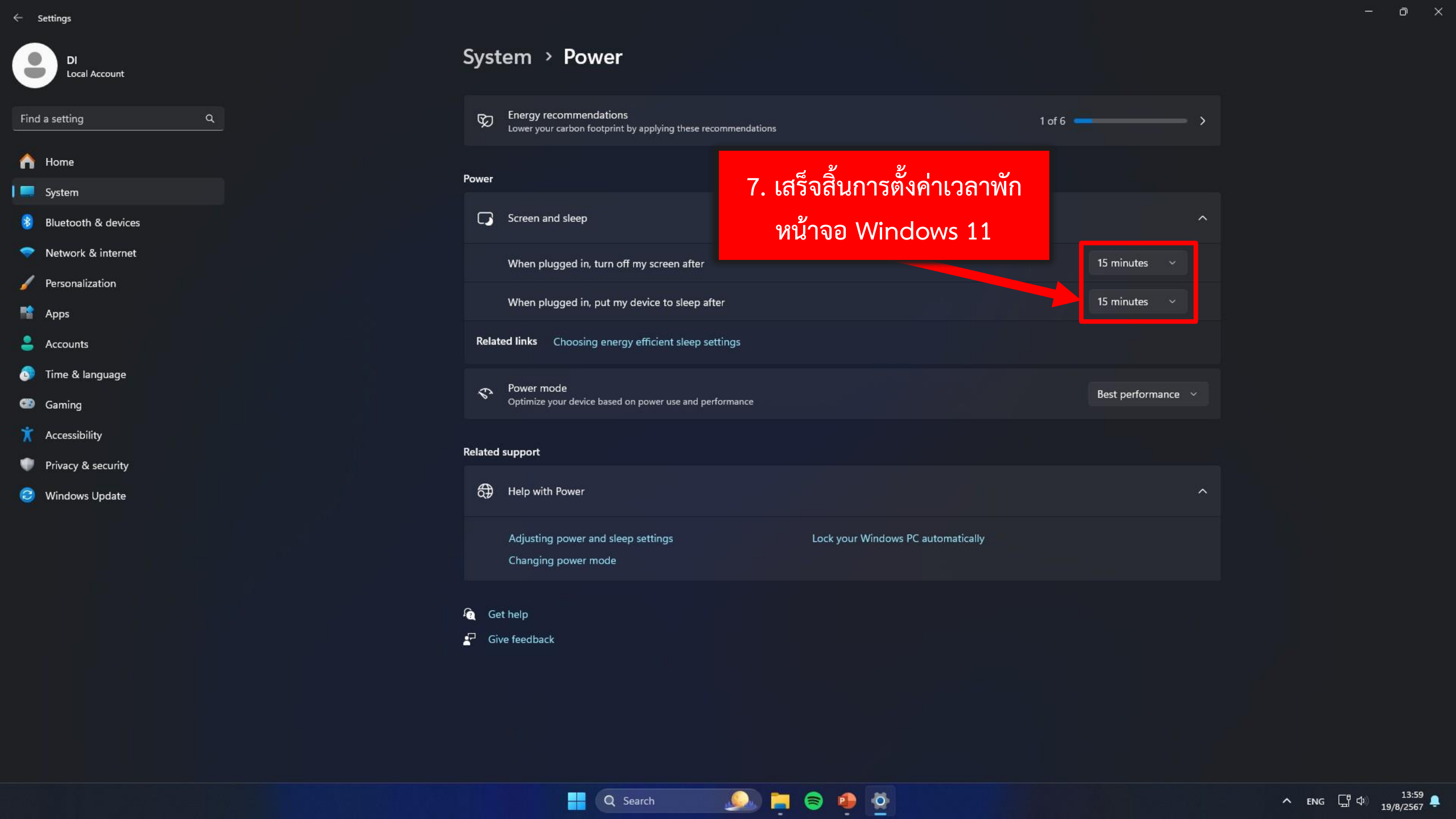
Get help
Give feedback

5. เลือกปรับเวลาพักหน้าจอ
ตามที่ต้องการทั้ง 2 ช่อง

Search

ENG
13:57
19/8/2567


Settings
DI
Local Account
Find a setting
Home
System
Bluetooth & devices
Network & internet
Personalization
Apps
Accounts
Time & language
Gaming
Accessibility
Privacy & security
Windows Update
System › Power
Energy recommendations
Lower your carbon footprint by applying these recommendations
3 of 6
Power
Screen and sleep
When plugged in, turn off my screen after
When plugged in, put my device to sleep after
Related links
Choosing energy efficient sleep settings
Power mode
Optimize your device based on power use and performance
Related support
Help with Power
Adjusting power and sleep settings
Changing power mode
Lock your Windows PC automatically
Get help
Give feedback
1 minute
2 minutes
3 minutes
5 minutes
10 minutes
15 minutes
20 minutes
25 minutes
30 minutes
45 minutes
1 hour
2 hours
3 hours
6. เลือกปรับเวลาพักหน้าจอ
ต่ำสุด 1 นาทีหรือสูงสุด 5 ชั่วโมง
Search
ENG
13:58
19/8/2567


Settings
DI
Local Account
Find a setting
Home
System
Bluetooth & devices
Network & internet
Personalization
Apps
Accounts
Time & language
Gaming
Accessibility
Privacy & security
Windows Update
System › Power
Energy recommendations
Lower your carbon footprint by applying these recommendations
1 of 6
Power
Screen and sleep
When plugged in, turn off my screen after
15 minutes
When plugged in, put my device to sleep after
15 minutes
Related links
Choosing energy efficient sleep settings
Power mode
Optimize your device based on power use and performance
Best performance
Related support
Help with Power
Adjusting power and sleep settings
Changing power mode
Lock your Windows PC automatically
Get help
Give feedback
7. เสร็จสิ้นการตั้งค่าเวลาพัก
หน้าจอ Windows 11
Search
ENG
13:59
19/8/2567

จัดทำโดย นทสส.ขว.ทอ.