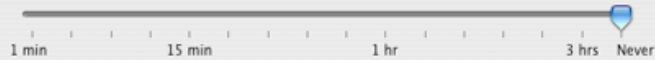


Screensaver

Set *Start Screen Saver* to *never*

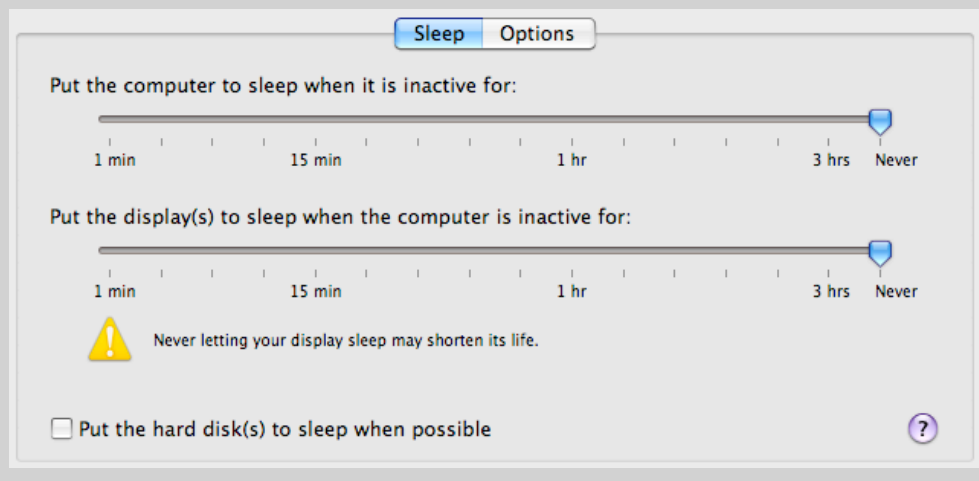
Put the display to sleep when the computer is inactive for:



Sleep

Set *Sleep* to *never*

Uncheck: Put the hard disks to sleep when possible. ***THIS IS IMPORTANT!***



Graphics

When using MacBook Pro with multiple graphics cards (MacBook Pro late 2008), use 'Higher Performance' setting in Energy Saver.

Graphics: ☐ Better battery life
☒ Higher performance

Sound

Set **Alert Volume** to *zero*

Uncheck: *Play user interface sound effects*

Uncheck: *Play feedback when volume is changed*

Set **Output Volume** to full.

The screenshot shows the 'Sound' pane in macOS System Preferences. At the top, a dropdown menu is set to 'Selected sound output device'. Below this, the 'Alert volume' section features a slider set to the minimum (zero), with two unchecked checkboxes: 'Play user interface sound effects' and 'Play feedback when volume is changed'. The 'Output volume' section has a slider set to the maximum (full), a 'Mute' checkbox which is unchecked, and a checked checkbox for 'Show volume in menu bar'.

CDs and DVDs

CDs and DVDs: Set everything to **Ignore**

The screenshot shows the 'CDs and DVDs' pane in macOS System Preferences. It contains five rows, each with a label and a dropdown menu set to 'Ignore': 'When you insert a blank CD:', 'When you insert a blank DVD:', 'When you insert a music CD:', 'When you insert a picture CD:', and 'When you insert a video DVD:'.

Flip4Mac

When using Flip4Mac Windows Media Quicktime Component, it is VERY important to uncheck 'Open Local Files Immediately' (Note: It is better to use Flip4Mac to transcode video to another codec, like ProRes 4:2:2, rather than run directly in PlaybackPro).

The screenshot shows a checkbox labeled 'Open local files immediately' which is unchecked. Below the checkbox, a text label reads: 'Local Windows Media files are completely imported when opened (normally they are imported in the background).'

Although it is not in the System Preferences application, it is best to unmount any network shares before going into show.