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christopherstarke@Christophers-iMac-Pro ~ % pmset -g log | grep -e " Sleep " -e " Wake "
```

```
2020-06-03 00:23:25 +0200 Sleep          Entering Sleep state due to 'Idle Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 25 secs
```

```
2020-06-03 00:24:00 +0200 Wake          DarkWake to FullWake from Normal Sleep [CDNVA] : due to UserActivity Assertion Using AC (Charge:0%)
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2020-06-03 08:30:46 +0200 Sleep          Entering Sleep state due to 'Idle Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 462 secs
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2020-06-03 08:39:14 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 758 secs
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2020-06-03 08:52:38 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 404 secs
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2020-06-03 09:00:09 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 313 secs
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2020-06-03 09:06:07 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 313 secs
```

```
2020-06-03 09:12:06 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 99 secs
```

```
2020-06-03 09:14:31 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 119 secs
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```
2020-06-03 09:17:16 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 132 secs
```

```
2020-06-03 09:20:14 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 100 secs
```

```
2020-06-03 09:22:09 +0200 Wake          DarkWake to FullWake from Normal Sleep [CDNVA] : due to HID Activity Using AC (Charge:0%)
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```
2020-06-03 14:14:21 +0200 Sleep          Entering Sleep state due to 'Idle Sleep':TCPKeepAlive=active Using AC (Charge:0%) 41 secs
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2020-06-03 14:15:48 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 24 secs
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2020-06-03 14:16:57 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 24 secs
```

```
2020-06-03 14:18:06 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 31 secs
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2020-06-03 14:19:22 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 24 secs
```

```
2020-06-03 14:20:31 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 32 secs
```

```
2020-06-03 14:21:48 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCaPKeepAlive=active Using AC (Charge:0%) 24 secs
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```
2020-06-03 14:22:58 +0200 Sleep          Entering Sleep state due to 'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 23 secs
```

```
2020-06-03 14:23:57 +0200 Wake          DarkWake to FullWake from Normal Sleep [CDNVA] : due to HID Activity Using AC (Charge:0%)
```

```
2020-06-03 17:04:17 +0200 Sleep          Entering Sleep state due to 'Idle Sleep':TCPKeepAlive=active Using AC (Charge:0%) 228 secs
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2020-06-03 17:08:51 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 23 secs
2020-06-03 17:10:00 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 33 secs
2020-06-03 17:11:18 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 38 secs
2020-06-03 17:12:38 +0200 Wake DarkWake to FullWake from
Normal Sleep [CDNVA] : due to HID Activity Using AC (Charge:0%) 3445 secs
2020-06-03 18:10:03 +0200 Sleep Entering Sleep state due to 'Idle
Sleep':TCPKeepAlive=active Using AC (Charge:0%) 24 secs
2020-06-03 18:11:12 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 21 secs
2020-06-03 18:12:18 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 24 secs
2020-06-03 18:13:27 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 28 secs
2020-06-03 18:14:39 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 22 secs
2020-06-03 18:15:48 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 24 secs
2020-06-03 18:16:57 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 23 secs
2020-06-03 19:14:47 +0200 Sleep Entering Sleep state due to 'Idle
Sleep':TCPKeepAlive=active Using AC (Charge:0%) 25 secs
2020-06-03 19:15:12 +0200 Wake Wake from Normal Sleep
[CDNVA] : due to /UserActivity Assertion Using AC (Charge:0%) 766 secs
2020-06-03 19:27:58 +0200 Sleep Entering Sleep state due to 'Idle
Sleep':TCPKeepAlive=active Using AC (Charge:0%) 199 secs
2020-06-03 19:32:04 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 75 secs
2020-06-03 19:34:05 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 34 secs
2020-06-03 19:35:25 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 104 secs
2020-06-03 19:37:54 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 38 secs
2020-06-03 19:39:18 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 29 secs
2020-06-03 19:40:33 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 66 secs
2020-06-03 19:42:24 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 1976 secs
2020-06-03 20:18:33 +0200 Wake DarkWake to FullWake from
Normal Sleep [CDNVA] : due to UserActivity Assertion Using AC (Charge:0%)
216 secs
2020-06-03 20:22:09 +0200 Sleep Entering Sleep state due to 'Idle
Sleep':TCPKeepAlive=active Using AC (Charge:0%) 159 secs

2020-06-03 20:24:54 +0200 Wake DarkWake to FullWake from
Normal Sleep [CDNVA] : due to HID Activity Using AC (Charge:0%)
2020-06-03 21:47:38 +0200 Sleep Entering Sleep state due to 'Idle
Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 884 secs
2020-06-03 22:02:24 +0200 Wake DarkWake to FullWake from
Normal Sleep [CDNVA] : due to HID Activity Using AC (Charge:0%) 613 secs
2020-06-03 22:12:37 +0200 Sleep Entering Sleep state due to 'Idle
Sleep':TCPKeepAlive=inactive Using AC (Charge:0%) 2495 secs
2020-06-03 22:54:15 +0200 Wake DarkWake to FullWake from
Normal Sleep [CDNVA] : due to HID Activity Using AC (Charge:0%)
2020-06-05 17:09:13 +0200 Sleep Entering Sleep state due to 'Idle
Sleep':TCPKeepAlive=active Using AC (Charge:0%) 43 secs
2020-06-05 17:09:58 +0200 Wake DarkWake to FullWake from
Normal Sleep [CDNVA] : due to HID Activity Using AC (Charge:0%)
2020-06-05 23:47:47 +0200 Sleep Entering Sleep state due to
'Software Sleep pid=140':TCPKeepAlive=active Using AC (Charge:0%) 42 secs

2020-06-05 23:48:40 +0200 Wake DarkWake to FullWake from
Normal Sleep [CDNVA] : due to HID Activity Using AC (Charge:0%) 19 secs
2020-06-05 23:48:59 +0200 Sleep Entering DarkWake state due to
'Software Sleep pid=140':TCPKeepAlive=active Using AC (Charge:0%)
2020-06-05 23:49:15 +0200 Sleep Entering Sleep state due to
'Software Sleep pid=140':TCPKeepAlive=active Using AC (Charge:0%) 50 secs

2020-06-05 23:50:05 +0200 Wake Wake from Normal Sleep
[CDNVA] : due to XDCI CNVW PEG2 RP04/UserActivity Assertion Using AC
(Charge:0%) 389 secs
2020-06-05 23:56:34 +0200 Sleep Entering Sleep state due to
'Software Sleep pid=140':TCPKeepAlive=disabled Using AC (Charge:0%) 76
secs
2020-06-05 23:58:00 +0200 Wake DarkWake to FullWake from
Normal Sleep [CDNVA] : due to UserActivity Assertion Using AC (Charge:0%)

2020-06-06 00:41:29 +0200 Sleep Entering Sleep state due to
'Software Sleep pid=140':TCPKeepAlive=active Using AC (Charge:0%) 2075
secs
2020-06-06 02:03:55 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 3915 secs
2020-06-06 03:09:55 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 764 secs
2020-06-06 03:23:23 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 5669 secs
2020-06-06 04:58:38 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 4944 secs
2020-06-06 06:21:48 +0200 Sleep Entering Sleep state due to
'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 6448 secs
2020-06-06 08:10:02 +0200 Sleep Entering Sleep state due to

'Maintenance Sleep':TCPKeepAlive=active Using AC (Charge:0%) 5706 secs
2020-06-06 10:13:51 +0200 Wake DarkWake to FullWake from
Normal Sleep [CDNVA] : due to UserActivity Assertion Using AC (Charge:0%)

2020-06-06 11:15:28 +0200 Sleep Entering Sleep state due to
'Software Sleep pid=140':TCPKeepAlive=disabled Using AC (Charge:0%) 36
secs

2020-06-06 11:16:04 +0200 Wake Wake from Normal Sleep
[CDNVA] : due to XDCI CNVW PEG2 RP04/UserActivity Assertion Using AC
(Charge:0%)