



ENERGY STAR CERTIFIED Computers (Bold)

Lenovo - Yoga Pro 7 14IAH10 : Yoga Pro 7 14IAH10

Specifications	
ENERGY STAR Unique ID:	3890952
Brand Name:	Lenovo
Model Name:	Yoga Pro 7 14IAH10
Model Number:	Yoga Pro 7 14IAH10
Type:	Notebook
Category 2: Processor Brand:	Intel
Category 2: Processor Name:	Core Ultra 9 285H
Category 2: Base Processor Speed Per Core (GHz):	2.9
Category 2: Physical CPU Cores (count):	16
Category 2: System Memory (GB):	32
Category 2: Default Low-power Mode:	ALPM
Category 2: Long Idle Power Used for Sleep Mode:	No
Category 2: Off Mode (watts):	0.2
Category 2: Sleep Mode (watts):	0.5
Category 2: Long Idle (watts):	0.5
Category 2: Short Idle (watts):	8.4
Category 2: Base TEC Allowance (kWh):	14
Category 2: Functional Adder Allowances (kWh):	31.2
Category 2: TEC of Model (kWh):	21.0
Notebooks, Desktops, Integrated Computers, Slate/Tablets, Two-in-one Notebooks, and Portable All-in-ones Category for TEC (Typical Energy Consumption) Criteria:	2
Category 2: Operating System Name:	Windows 11
Sleep Mode Default Time Upon Shipment (min.):	5
Display Sleep Mode Default Time Upon Shipment (min.):	5
Ethernet Capability:	No
Touch Screen:	Yes
Date Available On Market:	2025-01-27
Date Certified:	2024-12-10
Markets:	United States, Switzerland, Taiwan, Japan, Canada

ENERGY STAR Certified:	Yes
------------------------	-----

Additional Model Information
YOGA Pro 14 IAH10,YOGA Pro 14 IAH10,

Captured On:
06/13/2025