



# 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 |

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| ENERGY STAR Certified: | Yes |
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| Additional Model Information         |
| YOGA Pro 14 IAH10,YOGA Pro 14 IAH10, |

Captured On:  
04/29/2025