

The best thing to do is just let it go to sleep after you are done using it. The nook will automatically enter sleep mode when there has been no use. You can adjust the amount of time it will wait in the settings (under display). You can also put your nook to sleep whenever you want by pressing the power button for a couple of seconds and releasing it. To wake-up your nook from sleep mode, simply press the power button for a second and then let go. You do not need to completely shut-off your nook at the end of the day or after each use.