

Level up sustainably

Strategies for green gaming

Here we are at the third installment of our “Transforming your digital footprint” series. We’ve taken a deep dive into the energy demands of summer streaming marathons and peeled back the curtain on the hidden costs of using AI chatbots like ChatGPT. Now, we’re ready to level up our discussion and tackle something that’s become a huge part of our lives – gaming.

Buckle up as we explore the energy impact of playing popular games like FIFA, Sims 4 and Rocket League to discover some easy ways to make our game time a bit greener!

The hidden energy costs of gaming

Gaming is everywhere these days – it’s not just a way to pass the time, but a major source of entertainment and social interaction. But did you know that playing these games actually requires a fair bit of energy?

Let’s break down the environmental impact of some popular games.

Energy consumption of a single game

FIFA 24 – We’re kicking things off with FIFA 24. If you’re playing a match on a console like the PlayStation 5 or Xbox Series X, here’s the energy breakdown:

- Console power use – The PS5 uses about 220 watts while gaming. A typical 30-minute FIFA game uses roughly 0.11 kWh of energy.
- Server usage – If you’re diving into online multiplayer, game servers are working hard too. That adds about 0.02 kWh to the mix.

If you’re gaming for two hours each day, you’re looking at roughly 0.46 kWh per day. This is the equivalent of running a standard 40-watt LED light bulb for about 11 hours.

Over a month this is the equivalent to the energy used by a typical desktop computer running continuously for about 5.5 days and annually it’s the same as using a heater for about 160 hours.

The Sims 4 is a game where you craft entire lives and build virtual worlds. If you’re spending hours managing your Sims’ lives, here’s how it impacts your energy use:

- Console or PC power use – Playing The Sims 4 on a modern console or PC consumes about 0.11 kWh per hour of gameplay. The game’s detailed graphics and complex simulations require consistent processing power.
- Server usage – If you’re downloading updates, there’s additional energy consumption from the game’s servers. While specific figures can vary, it’s reasonable to estimate an extra 0.015 kWh per hour due to server activity.

Playing the Sims 4 for two hours a day uses 0.40 kWh, the same amount of energy as using a hair dryer for about 16 minutes.

Annually, the energy for daily The Sims 4 sessions is roughly the same as powering a standard TV for 8 hours a day for 12 weeks.

Rocket League – Next up is Rocket League, which is known for its high-octane, multiplayer action:

- Console power use – Playing Rocket League on an Xbox Series X or PS5 uses about 0.11 kWh per session, just like FIFA.
- Server usage – The online aspect of Rocket League means that server use adds around 0.015 kWh per session.

Two hours of Rocket League gaming consumes 0.25 kWh of energy, which is the equivalent of a tumble dryer running for an hour.

Daily use of Rocket League is roughly equivalent to the energy consumption of a mid-sized air conditioner running for about 12 hours.

How to reduce your gaming energy impact

So, what can we do to cut down on our gaming energy use? Here are a few tips to keep your gaming fun and eco-friendly:

- Optimise console settings – Put your console into energy-saving mode when you're not using it. Most consoles have settings to help you save power.
- Limit gaming sessions – Try to balance your gaming time with other activities.
- Upgrade to energy-efficient consoles – When it's time for a new console, look for ones with better energy efficiency ratings. Newer consoles, such as the PlayStation 5 and Xbox Series S, offer improved energy efficiency.
- Support green gaming initiatives – Choose games and platforms that are working towards sustainability. Many companies are making strides in reducing their carbon footprints with renewable energy.



At Fasthosts ProActive, we're all about reducing energy consumption. Our data centres run on 100% renewable energy and are designed with energy efficiency in mind. By being mindful of our digital habits, including our gaming time, we can all play a part in creating a greener digital world.

So, let's keep transforming our digital footprints together, making choices that are both fun and sustainable for our planet! In the meantime, if you've got any questions about our sustainability efforts, or our solutions and services, get in touch. You can give us a call on 0333 111 2000 or book a meeting at a time that suits you.

