Shutting Down vs Sleep Mode Regarding a Google Chromebook

Holding down the power button for about 5 seconds on a Google Chromebook should completely power down the system. Most of the time, simply shutting the lid (sleep mode) is sufficient, although not a complete power off or power down, and this is largely because there aren’t many things “running in the background” as is often the case with Windows machines. Since the operating system is Google OS, and it runs primarily through the Chrome Browser, the battery will experience minimal draining while in this “sleep” mode with the lid shut. See: https://itstillworks.com/12760055/how-to-properly-shut-down-a-chromebook

From Google Support, a more thorough understanding of putting the Chromebook to sleep vs powering it off: https://support.google.com/chromebook/answer/3420029?hl=en

Good points from most users here, generally saying its fine to leave your Chromebook in sleep mode most of the time, but shut it down or restart it periodically (say once a week) to allow updates to complete. https://www.reddit.com/r/chromeos/comments/9q9cu1/is_it_ok_to_never_turn_my_chromebook_off/