Why Does My TV Turn On by Itself?

Find the trigger with timer, HDMI-control, remote and connected-device checks. Keep a log instead of assuming a particular device or board is at fault.

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Offline edition. Check your model and follow its manufacturer instructions. Open the current online guide.

An unexpected wake-up is easier to investigate when you can reproduce it. Note the time, what appeared on screen, and whether a console, soundbar or player started at the same moment. A recurring time suggests a useful place to look, but it is not proof of a timer.

Start with the model’s manual. TV platforms use different labels and menu paths, and not every set offers every wake-up feature described online.

Check the TV’s own scheduled actions

Sony’s unexpected-power guide recommends checking On timer or Timer on supported Google TV models. Those entries may not exist on every model. Review any active schedule and switch it off temporarily if you did not intend it.

Write down what you changed. If the television behaves normally afterward, repeat the comparison long enough to cover the usual time of the problem before declaring a cause.

Do not disable software updates as a general fix. Sony includes keeping software current among its troubleshooting steps. If a restart is associated with a documented update, distinguish that from the TV starting ordinary viewing unexpectedly.

Test HDMI power control

A connected device can participate in TV power control. Sony documents **TV auto power on** or **Auto TV on** under its BRAVIA Sync or HDMI-CEC settings, with paths that vary by model. If the TV wakes when an HDMI device starts, temporarily disable the relevant automatic-power option using your TV’s instructions.

Changing HDMI control may also change linked operation with your audio system. Make one change, test it, and restore it if it makes no difference. Do not assume that one brand’s CEC menu name or path exists on another brand’s TV.

This test is more useful than blaming a console’s rest-mode update without observing whether that console actually triggered the wake-up.

Consider voice and remote activity

Sony also notes that voice assistants can respond to conversation. Where the TV supports hands-free voice operation, compare behavior with that function temporarily disabled according to its manual.

As an additional isolation test, remove batteries from a conventional battery-powered remote during a period when you can still use the TV's physical controls. This is an editorial diagnostic suggestion, not proof of a defective remote: a quiet night may simply mean the usual trigger did not occur. Repeat the comparison before buying a replacement.

Check other household remotes and control apps as part of your observations. Avoid assuming that a neighbor's remote operates the TV through a wall.

Reduce the connected setup

If the trigger remains unclear, Sony recommends disconnecting external equipment, including HDMI, USB and network connections, and testing with AC power alone. Apply the corresponding instructions for your own manufacturer and model. Reconnect devices individually if the problem stops.

Keep the test conditions clear: which devices were disconnected, which network connections remained, and how long you observed it. A symptom that disappears during one test identifies a lead, not a conclusive failed component.

If the TV continues to wake with no external equipment and no intended timer, contact its manufacturer with your log, model and software version. Follow any model-specific reset advice with its settings-erasure warning. Persistent wake-ups alone do not establish that the power board or mainboard needs replacing.

Optional shopping references, not independently tested recommendations. Verify the exact model, compatibility and seller before purchasing. These are paid links.

Equipment mentioned in this guide

Check connections and settings first. Buy only if you have established a need.

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1. https://www.sony.com/electronics/support/articles/00032613

2. https://www.amazon.com/s?k=surge+protector+power+strip&tag=gadgetguiders01-20

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