Enable Remote Desktop Connection – Mac OSX

Click the Apple icon at top left corner of the screen
Select **System Preferences** from the drop menu

Click on **Sharing** under the **Internet & Wireless** section
Enable **Screen Sharing** and **Remote Logon**

For connections from Windows (via VNC), click **Computer Settings**…

Check the box for **VNC viewers may control screen with password**:  

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Enter a password (AND REMEMBER IT) to access the computer from a Windows system. [NOTE: PASSWORD MAXIMUM OF 8 CHARACTERS]

Use the same username and password you normally use to login to the Mac

Make sure the remote computer is powered on or set to wake on LAN

Check your power settings.

Navigate to System Preferences
Click on Energy Saver under Hardware section
Make sure computer sleep is set to Never