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## SeaSonic SS-400FS 400W PSU

**::written by::**  
**[Cheese](#)**

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**::type::**  
**review**

**::details::**  
We take a look at a very nice power supply from SeaSonic

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**Introduction [1]**

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*Product:* **[SeaSonic](#) SS-400FS 400W Power Supply.**

*Supplier:* **[SeaSonic](#)**

*Approximate cost:* around \$100 ([example retailer](#))



### **Introduction.**

Personally I've always found it hard to justify setting aside much of my computer budget on power supplies, and you can probably understand why too; they're almost always boring grey boxes which live out of eyesight and just get on with their jobs. As long as the £30 supply works you're not going to notice any difference if you pay £100 are you? And that £70 you've saved will certainly let you buy a graphics card or processor that's closer to the bleeding edge.

It's thinking like this that always has a knack of turning on me. When my generic 300W power supply died on me last year, and my just as cheap replacement followed it shortly, I found myself out of pocket to more than the tune of that 'quality' supply I refused to fork out for originally. A good power supply is, of course, about a lot more than just going the distance; carefully regulated voltages help avoid system crashes, their method of power conversion dictates how much electricity they waste and how much they heat up your system and the total amount of power they're capable of converting dictates how many extras you can add to your computer.

Today I find in my mitts a 400W ATX power supply (product code SS-400FS) from [SeaSonic](#), a company who specialise in high quality power supplies. So what makes this grey box different from the rest, and is it worth your hard earned? Time to find out.

### **The supply.**

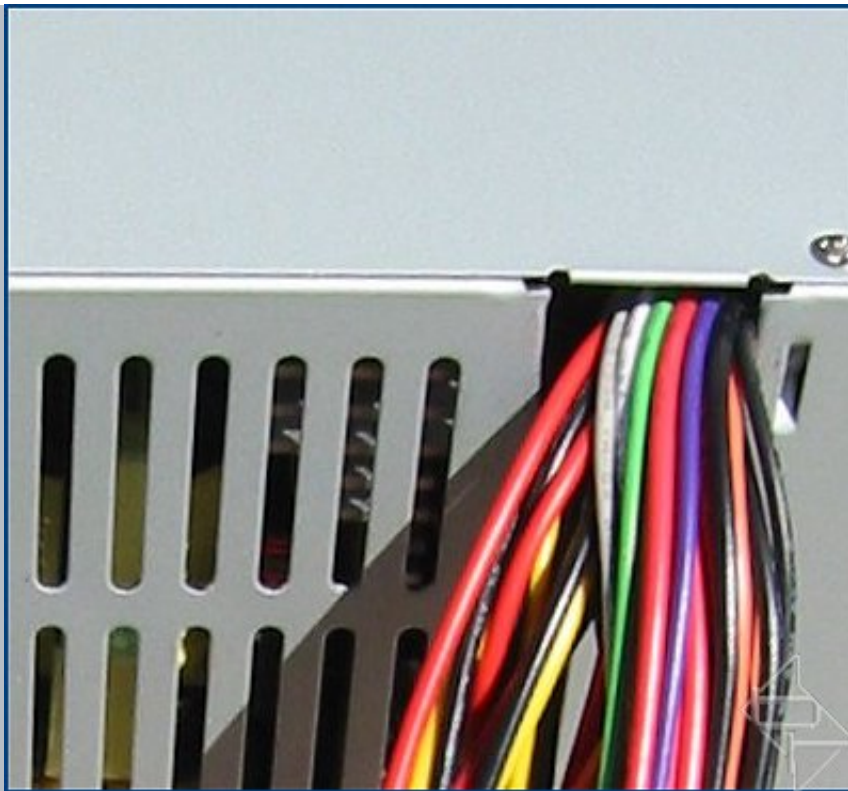
Removing this supply from its box doesn't reveal any surprises, it looks almost exactly like any other grey ATX PSU (Power Supply Unit).



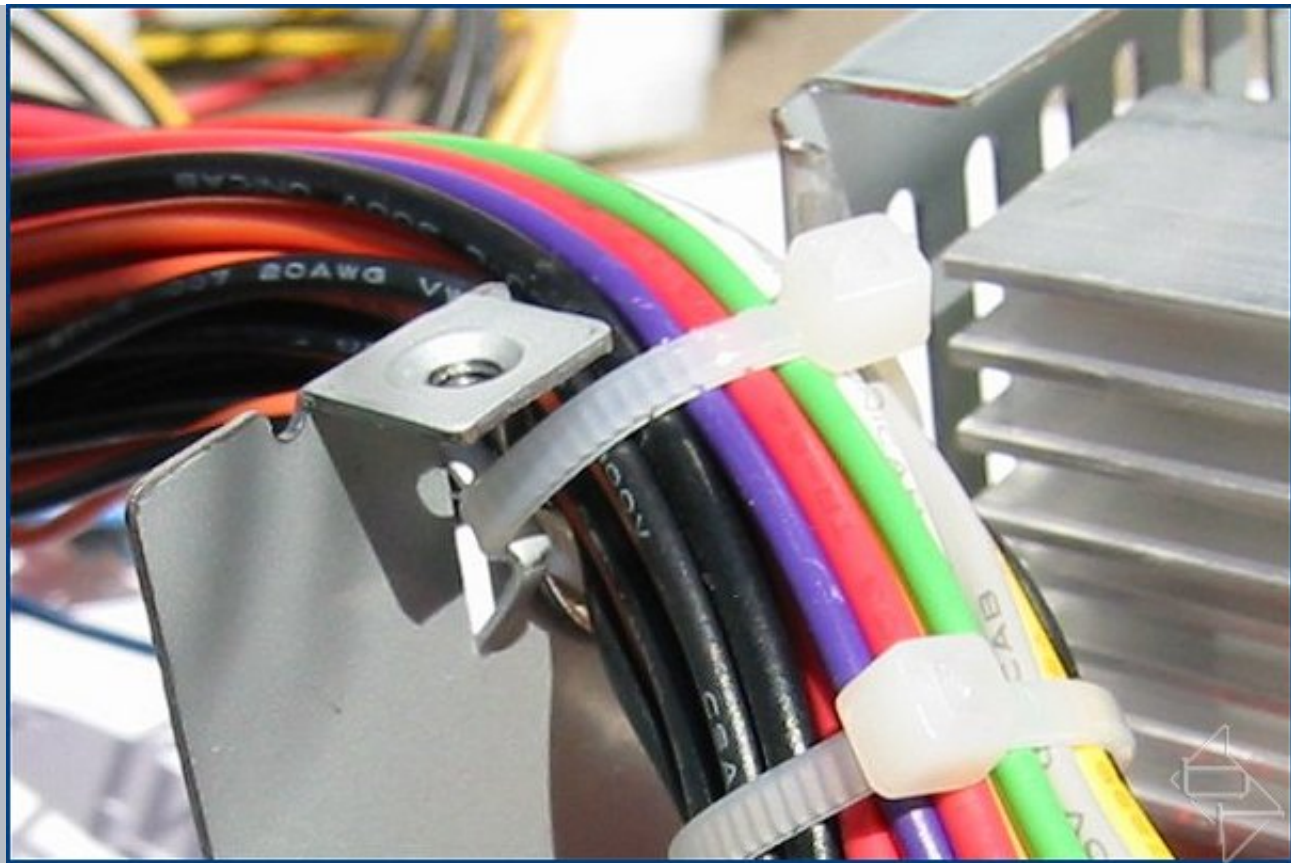


Note the single cooling fan on this model, dual fan supplies certainly help cool your system though they do tend to be noisier than most. The power switch on the back is strangely non-latching, making it good for resetting the unit but not turning it off for any length of time.

The cable inlet at the back doesn't try to clamp the cables in any way (to stop them being ripped out of the PSU accidentally)...



...though on closer inspection we see they're clamped well inside the case and the metal around the hole has been bent around to prevent any chaffing on the wires:



The following cables are present:

- One standard ATX motherboard connector, cable length approximately 55cm - which is sufficiently long for all but the tallest of tower cases (and let's face it, if [SeaSonic](#) had made this cable a lot longer, as Enermax do, it would have been an obstruction for 95% of its users).
- Two peripheral cables each with 3 standard four pin female MOLEX connectors and a floppy power cable, approximate cable length to the first MOLEX is 42cm then the gap between connectors is 15cm - again the cable lengths are well planned, also it's nice to see three 4 pin MOLEX connectors per cable (some PSU's only have two per main power cable, which generally makes the wiring messier in anything but a small computer).
- One peripheral cable with 2 standard four pin female MOLEX connectors, approximate cable length to the first MOLEX is 42cm then the gap between connectors is 15cm.

- One P4 and one AUX 6P cable, both of similar lengths to the ATX cable.

This should be more than enough connectors for most.

The 400 watt power rating of this supply is based on the maximum sustainable power you can draw from the supply, not the peak maximum that some supplies use.



The basics covered it's time to get our hands dirty...

next:: 



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