

# Windows running slow...?

- **Delete programs you never use** – *Goto Control Panel / Programs / Programs & Features / Uninstall or Change a program*
- **Limit how many programs load at start-up** *Ctrl+ALT+Delete; disable one at a time, checking the effect on a re-start*
- **Defragment your hard drive** *Right-click C-drive, select Properties, Clean-up – select items from list – OK Clean up your hard disk Check for free space – should be at least 20% of rated capacity. Look for huge Norton anti-virus files >1Gb*
- **Run fewer programs at the same time** *Alt+Tab to 'cycle' around applications The Tab key is just above CAPSLOCK ALT+F4 to close an application*
- **Turn off visual effects** *Control Panel, click System and Maintenance, then clicking Performance: 'Let Windows choose what's best'*
- **Try restarting if there's a problem** *e.g. a hard re-start can recover memory 'leakage'*
- **Add more memory** *check how much you have installed;- Crucial, Mr.Memory, Kingston. Find out how much you could have installed; not for the faint-hearted*
- **Check for viruses and spyware**
- **Here are some signs that your computer might be infected with spyware:**
  - You notice new toolbars, links, or favourites that you did not intentionally add to your web browser.
  - Your home page, mouse pointer, or search program changes unexpectedly.
  - You type the address of a specific website into your web browser, but you are taken to a completely unrelated website.
  - You see pop-up ads, even if your computer is not connected to the Internet.
  - Your computer suddenly starts running more slowly than it usually does. Not all computer performance problems are caused by spyware, of course, but spyware can cause a noticeable change in processing speed.
  - Sometimes your computer will show no symptoms, even if a spyware program is running. To help protect your privacy and your computer, we recommend that you run Windows Defender or another antispyware program at all times.
- **Check your computer's speed** *Windows - Performance Information and Tools.*
- **Check for updates from the computer manufacturer**
- **Adjust indexing options** *Control Panel / Indexing Options*
- **Adjust power settings** *Control Panel / Power Options – Balanced / Power Saver / Power or Laptop Lid Switch /*