

5 steps to fix Windows 10 using a lot of RAM

The following are best practices in Windows 10 for reducing memory usage for running software. 1 - Close unnecessary programs and applications All computer memory is connected to the CPU and RAM.

When you see slow responsive apps and screen freezes, it's most likely that the problem is running out of CPU, RAM cache. Whether you are playing a memory-intensive game or having multiple browser windows open, you need to minimize usage as much as possible.

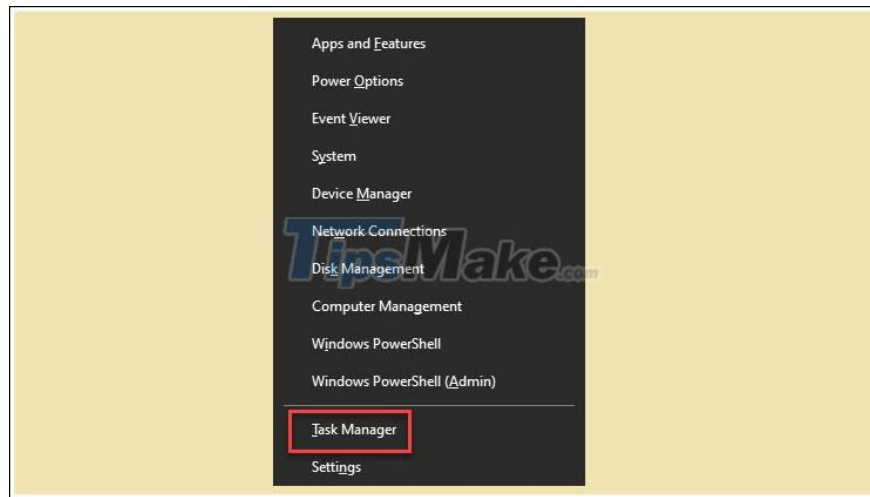


The following are best practices in Windows 10 for reducing memory usage for running software.

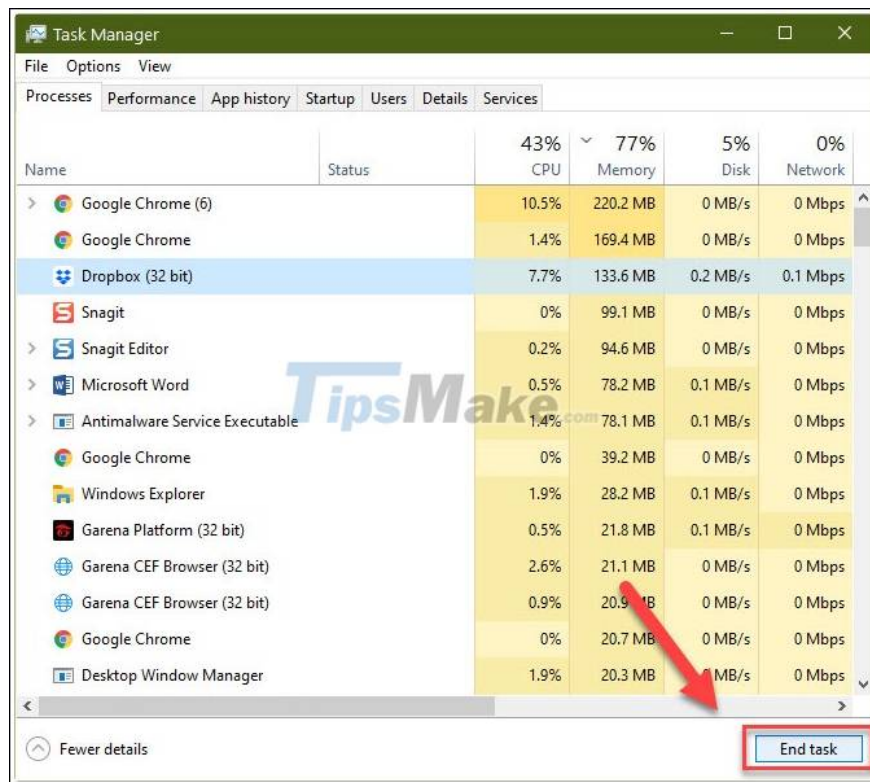
1. Close unnecessary programs and applications

All computer memory is connected to CPU and RAM. The high memory usage problem is mainly caused by too many tasks being processed. Therefore, you need to remove unnecessary running programs to minimize memory usage.

Step 1. Press **Windows + X** and open **Task Manager** .



Step 2. When the Task Manager window appears, check to see which active applications you are not using. To end the program, simply click on the application and click **End Task** .

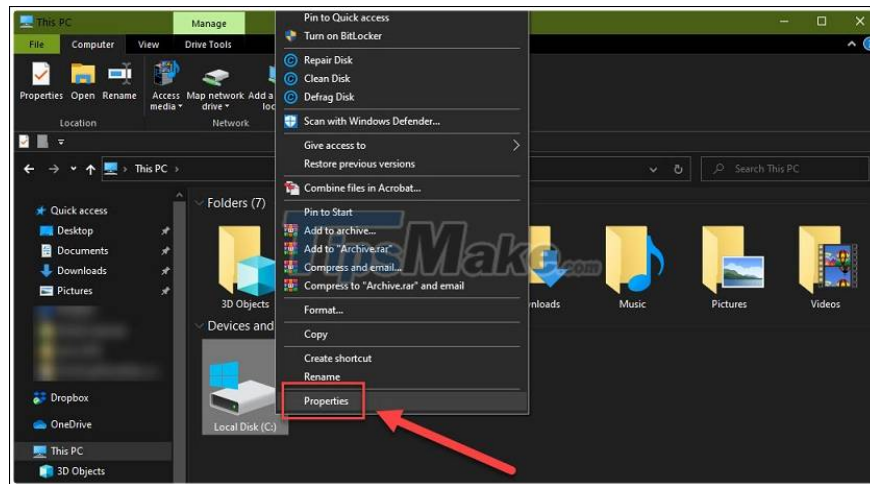


2. Disk cleanup and optimization

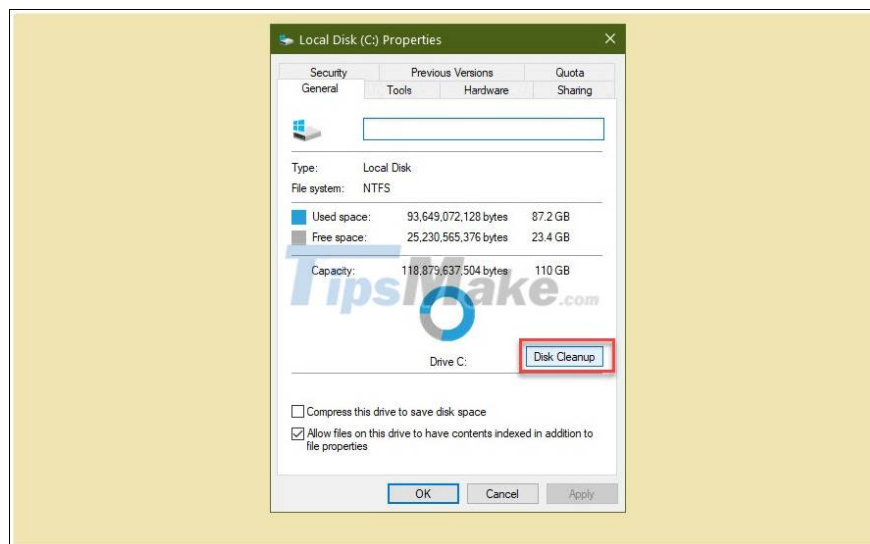
Disk space is another memory that can seriously affect the performance of your applications. Storing too many unnecessary files on your computer sometimes causes a spike in RAM usage. These include temporary files, system files, thumbnails, memory dump files, old Windows updates, and the Recycle Bin.

Windows 10 has a built-in utility called 'Disk Cleanup', which helps to clean up space consumed.

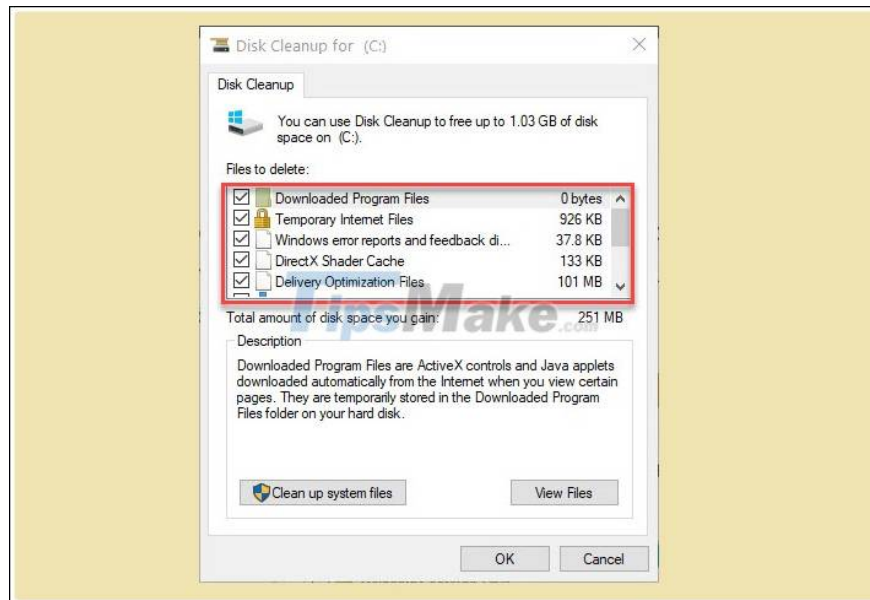
In the File Explorer file manager, right-click drive C and select **Properties** .



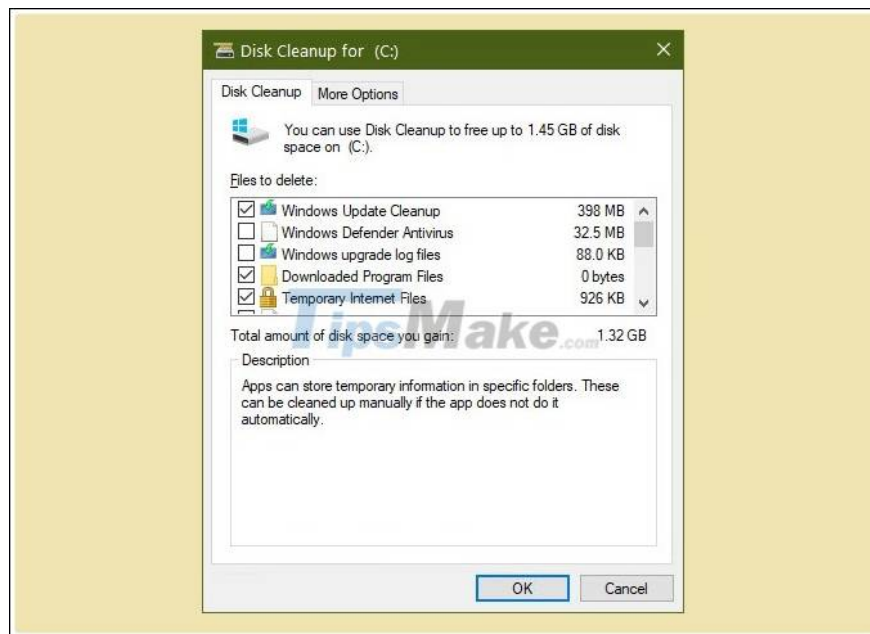
When you are on the General tab, click **Disk Cleanup**, the system will take a few minutes for statistics to be freed.



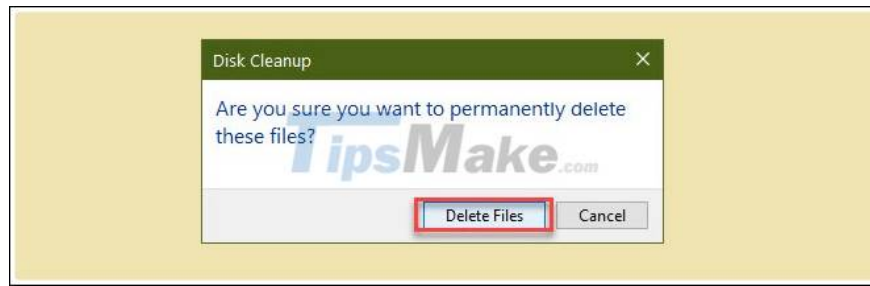
You then get a list of the file elements to be deleted. The things that consume the most space include Temporary Internet Files, Delivery Optimization Files, Downloads and Thumbnails. If there are items you do not want to delete, please uncheck the box next to them.



Keep clicking on **Clean up system files**, you will notice there are more things you can delete. **'Windows Update Cleanup'** is the component you need to remove, as we often forget to delete previous Windows updates that are no longer needed.



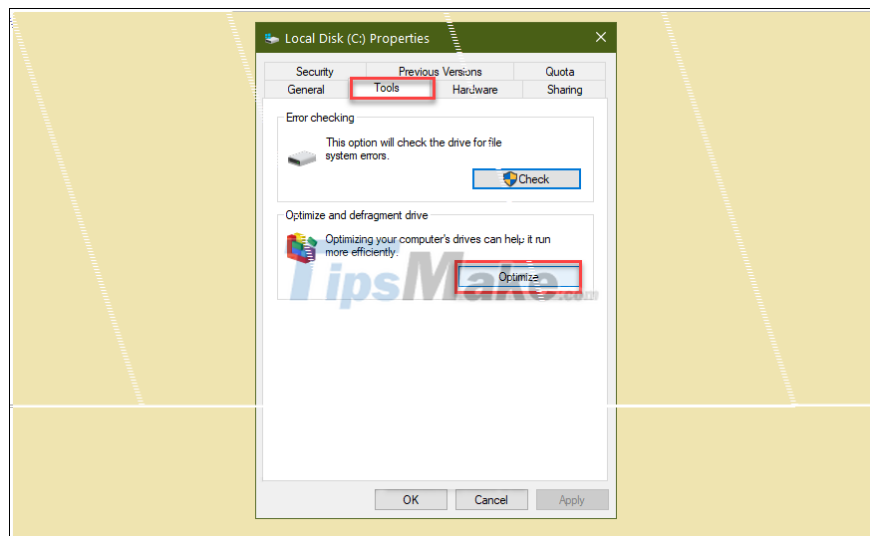
Select the files above and press **OK**. You will see a message asking for verification, pressing **Delete Files** frees the drive.



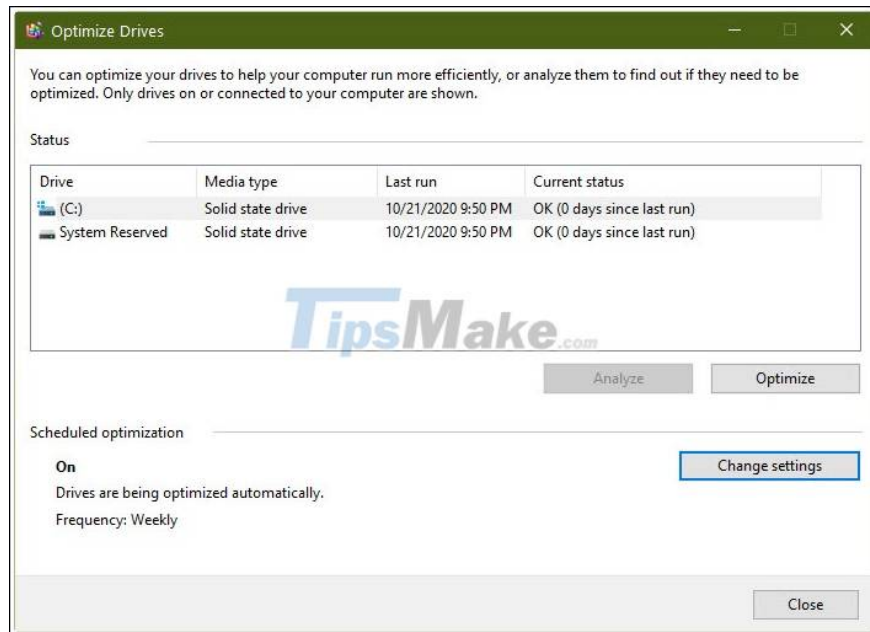
The cleaning process will take anywhere from a few minutes to up to an hour depending on how much disk space you free up.



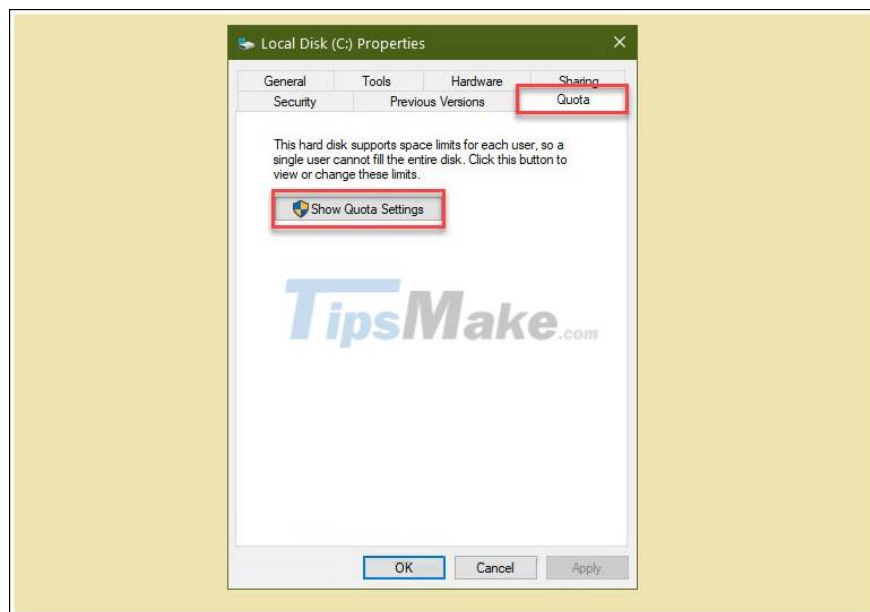
Once done, you can optimize and defrag the drive for increased efficiency. Switch to the **Tools** tab , click **Optimize** .



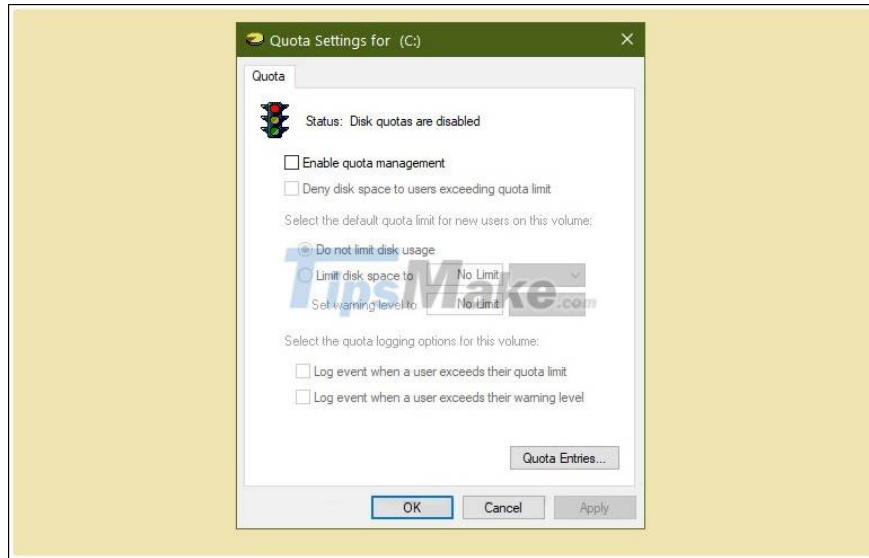
In Windows 10, if you have set a weekly schedule, you don't need to defragment manually.



Back to drive management, switch to the **Quota** tab and click **Show Quota Settings** .

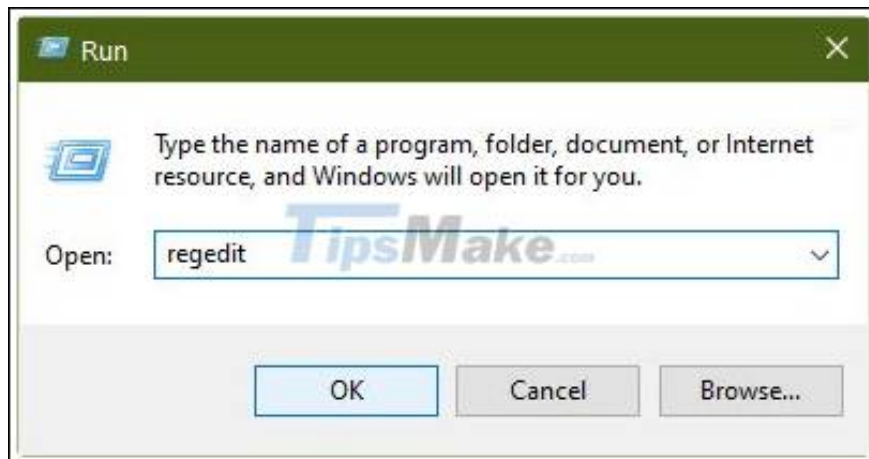


Make sure that every box in this section is unchecked.



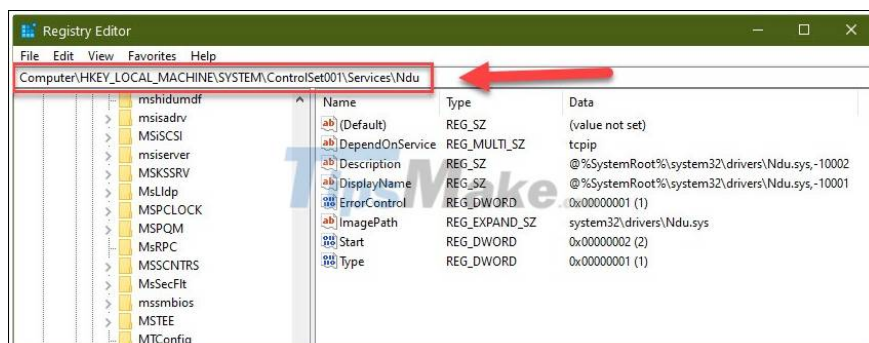
3. Increase virtual memory through Registry NDU

This is a technique that will help you boost your memory instantly. Press **Ctrl + R** to open the Run dialog box, where you enter **regedit** and **Enter** .

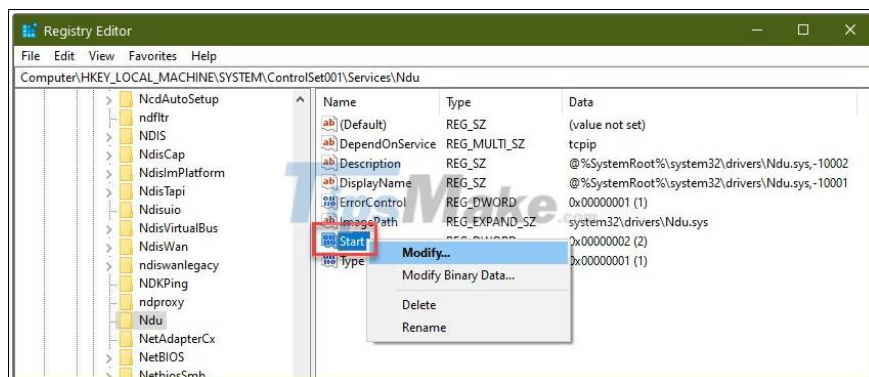


Now navigate to the folder below:

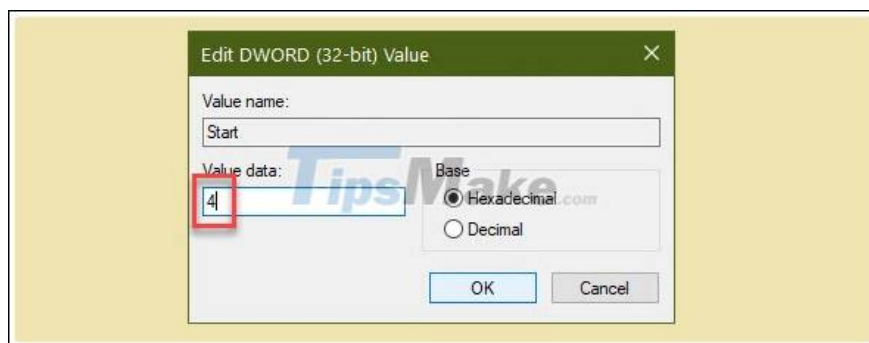
Computer\HKEY_LOCAL_MACHINE\SYSTEM\ControlSet001\Services\Ndu



NDU is a resource monitoring setting and its capabilities can help increase memory when multiple applications are open. **Right click on Start >> Modify** to modify settings.

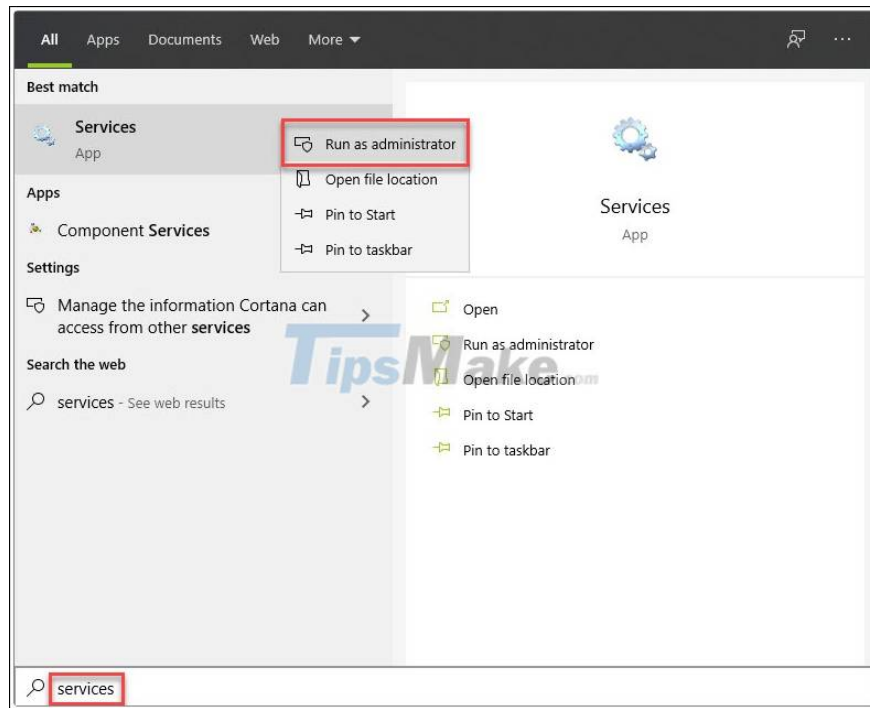


Increase Value data from 2 to **4** and click **OK** to save. This will increase virtual memory allocated to your system.

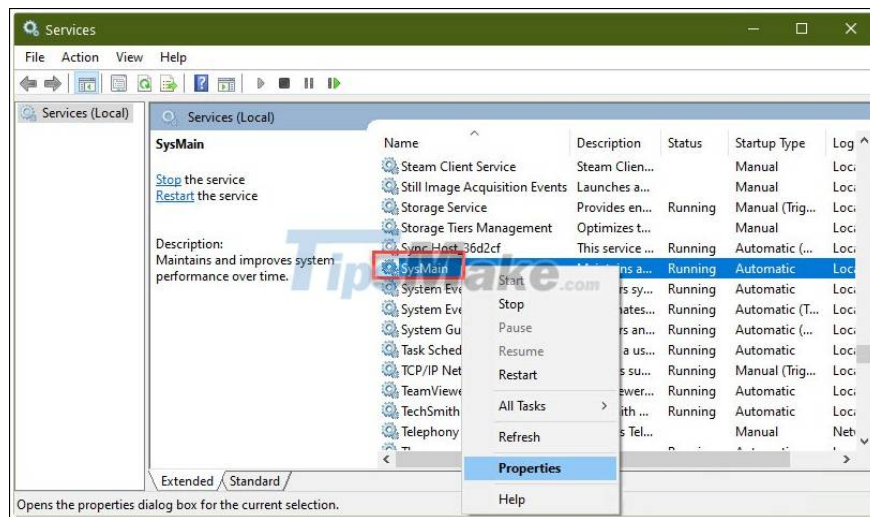


4. Turn off SysMain (Formerly Superfetch)

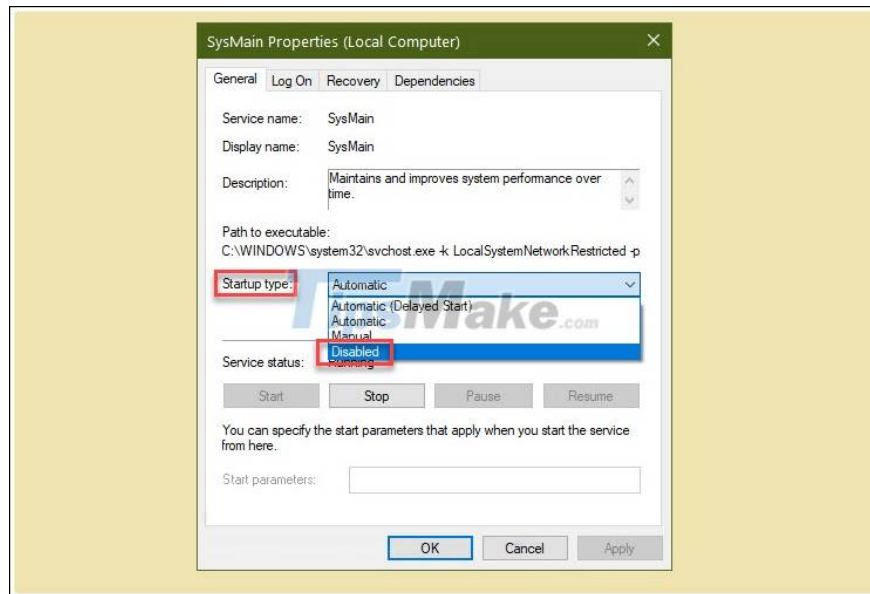
Windows has a utility called SysMain (formerly Superfetch) that also sometimes causes problems with RAM usage. Turning off SysMain will significantly improve memory performance. Enter '**Services**' in the search box and open the application under the administrator mode (**run as administrator**) .



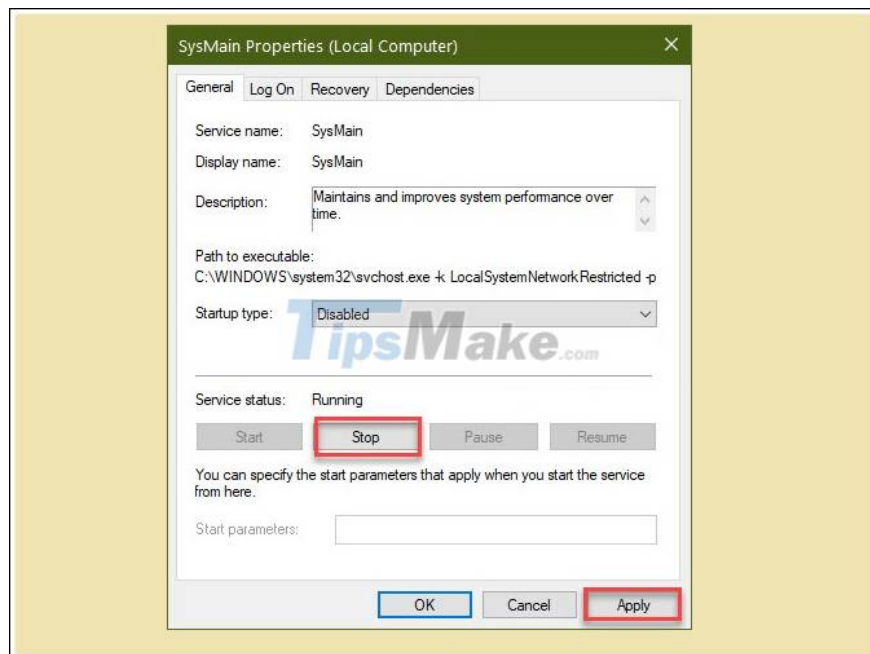
Navigate to **SysMain** and right click choose **Properties** .



First, stop the automatic process, in the **Startup type** you choose **Disable** .



Continue, in the Service status section, click **Stop** then **Apply** to turn it off immediately.



5. Finally, upgrade the RAM

After trying all the above methods, if you don't notice memory improvement, then it's time to upgrade your RAM. Please note that, before buying more RAM, you should check if your motherboard has slots, and what kind of slots are available!

In this tutorial, you learned how to solve memory usage problem. All methods are safe and will not harm your system. Also, you should check your anti-virus program, as it can also fill up memory problems quickly.

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