

6 potential hardware/software issues that cause laptops to overheat.

One clear advantage of laptops over desktop computers is their compactness and portability. However, this very compactness also presents users with another problem: heat. After using a laptop for a while, many users experience their laptop overheating significantly without understanding why.

When people first notice their laptops getting hot, many panic, thinking it's due to malware, like hackers using the device's CPU and GPU to mine cryptocurrency. Laptops react differently depending on the type of malware they're infected with, but a common symptom of a virus is lag and overheating.

It's hard to remember how many times you've clicked on malicious links or downloaded suspicious files, so when a virus scan comes back clean, start considering other possibilities. If it's not malware or spyware, there could be an underlying problem with your laptop's hardware or software. Hopefully, these can be easily fixed!

1. 5 simple and effective ways to cool down and dissipate heat from your laptop.
2. How to use CCleaner software to effectively clean up computer junk files.
3. A very simple guide to cleaning your laptop screen at home.

6. The fan is faulty.

All hardware fails after a while.



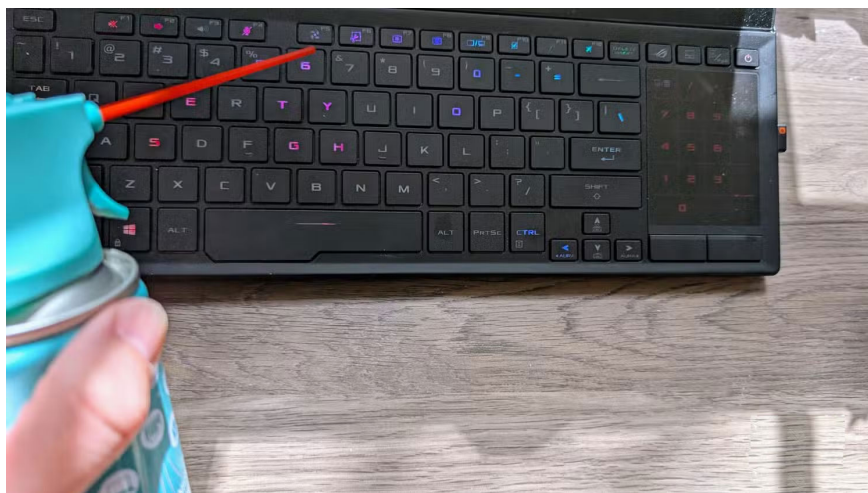
An overheating laptop can be a hardware issue. Your device relies on one or more internal cooling fans to regulate the temperature of its components. These typically operate quietly and only speed up (becoming slightly noisy) when running resource-intensive software. However, if the fans are old or broken, they may malfunction.

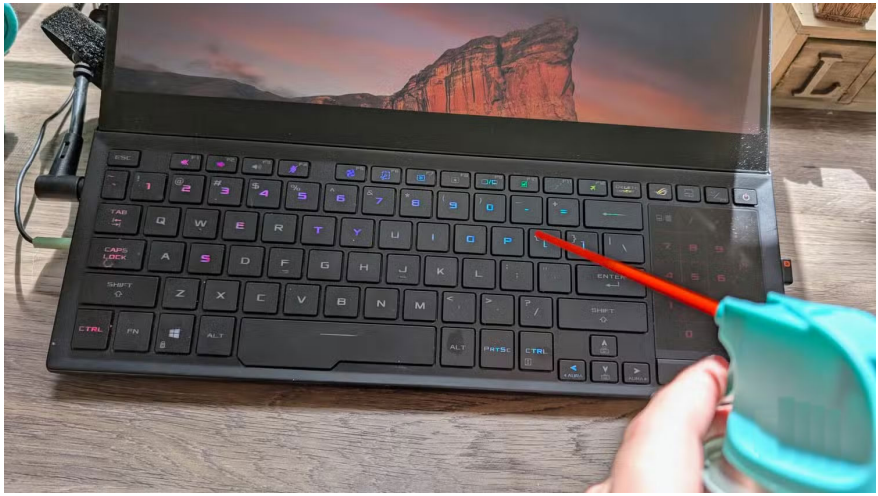
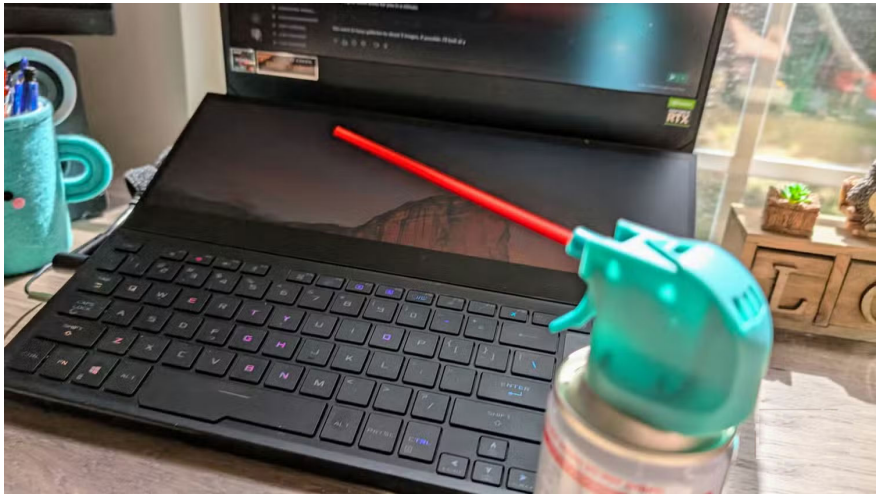
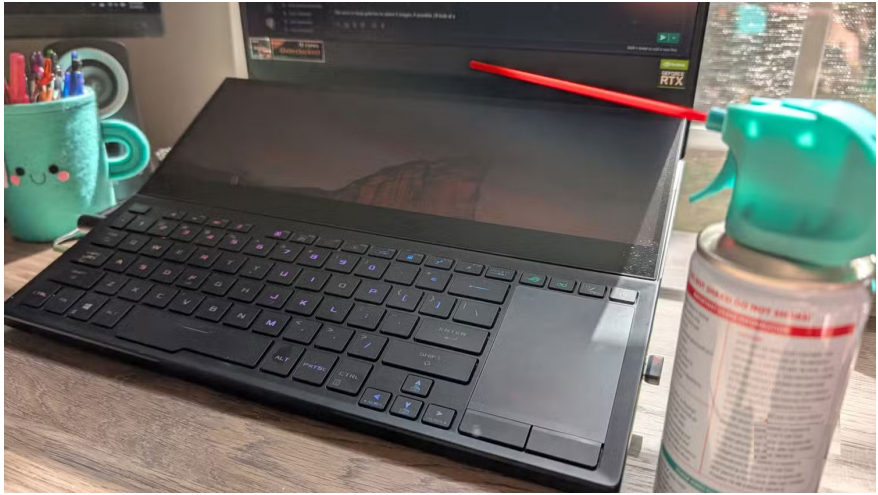
In the long run, this will cause the device to overheat and negatively impact performance. However, over time, this can damage expensive components, such as the CPU, reducing the expected lifespan of the fan.

There are two ways to check the condition of your cooling fan yourself. The first is a direct check, by paying attention to any unusual noises or if the fan isn't spinning, or the second is a digital check. In fact, you can easily check the CPU speed and temperature of your device without having to open the machine.

5. The ventilation holes are blocked.

Laptops need good ventilation too!







On the body of a laptop, usually on the underside or sides, you'll find several rows of narrow vents. While some laptops may have vents on the top, others use vents on multiple sides for optimal airflow.

These vents allow the fan to exchange the hot air inside the laptop with the cooler air outside. However, they can also carry dust and dirt from the surrounding environment. And if you have pets, pet hair can even clog the small vents, significantly reducing the fan's efficiency. In most cases, repairing clogged vents is an easy and inexpensive task. Turn off your laptop and wipe away any dust and dirt particles with a clean paper towel or microfiber cloth. Regularly checking for clogged vents will ensure your laptop is properly ventilated.

If you see hair or food crumbs inside the vents, don't use sharp objects to push them out. Instead, use a can of compressed air and blow directly into the vents from multiple angles. Make sure you're aiming at as many vents and gaps between the keyboard keys as possible. Laptops are cramped, and air can't circulate well throughout the entire interior, so don't be afraid to experiment with different angles!

4. Dust accumulation

Even a little dust can have a big impact.



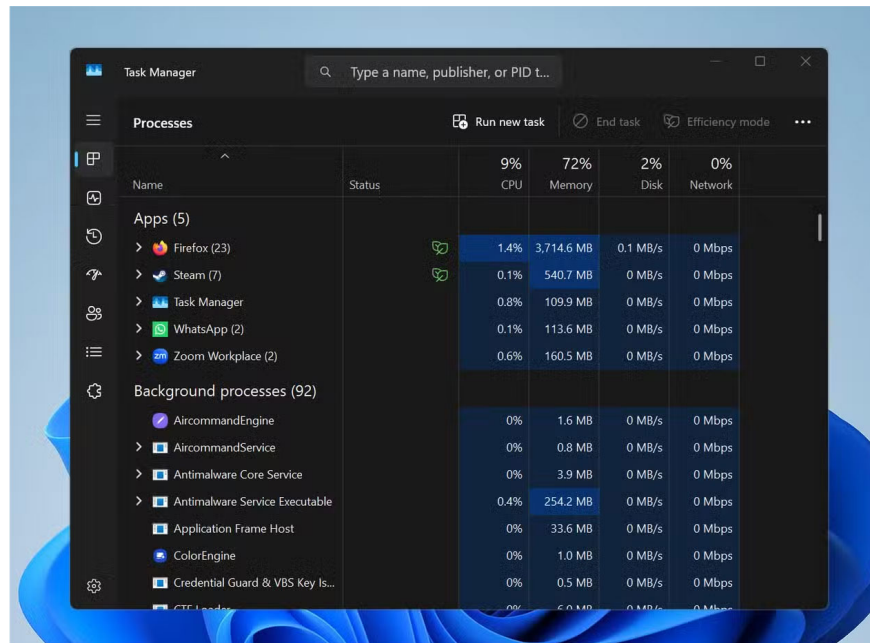
For laptops, dust buildup can be a more difficult problem. Unlike desktops, most laptops aren't designed for you to open and clean yourself. Dust accumulating on the CPU and GPU can trap heat and lead to inefficient cooling. Even a few minutes of using resource-intensive software can be enough to raise the internal temperature of the device.

In general, you should avoid using your laptop on excessively dirty surfaces. You should also be especially careful to prevent pet hair or food crumbs from getting in through the ventilation holes.

Regularly wipe the outside of your laptop (bottom, screen, and keyboard) with a clean paper towel or use a specialized cleaning solution for electronic devices. Additionally, don't hesitate to occasionally use a specialized keyboard cleaning solution for a more thorough cleaning at home. Fortunately, most local tech stores offer laptop cleaning services, leaving your machine looking brand new.

3. Too many applications that "launch at startup"

Not all applications are necessary.

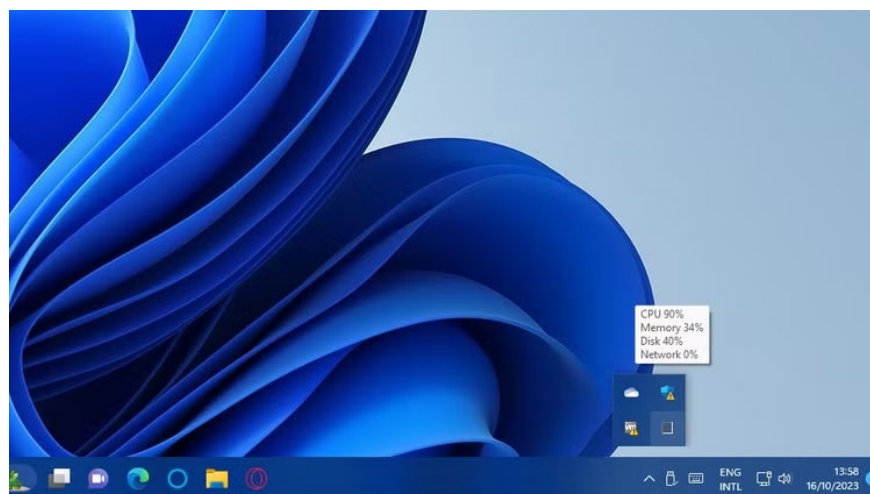


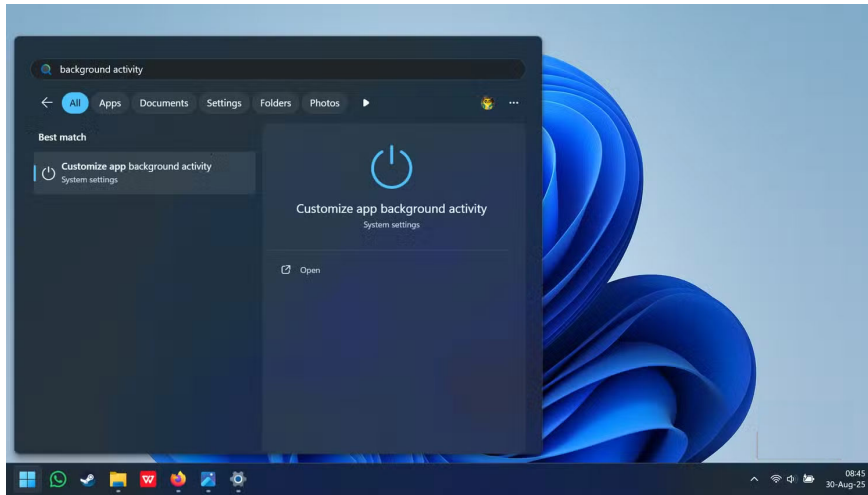
"Startup-at-start" applications are those that automatically launch as soon as you turn on your laptop. Often, these are useful tools for keeping things running, such as antivirus software or automatic backups, but this isn't always the case. Think about the last time you needed Visual Studio or Microsoft Teams running 24/7.

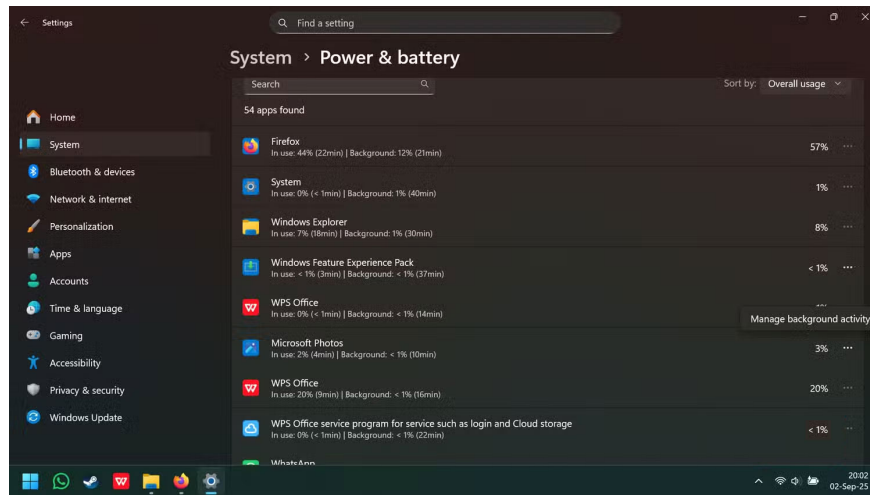
Many apps offer a "launch at startup" option. You can easily find yourself with nearly a dozen apps running simultaneously right from the start. Opening too many apps at once can also cause your device to overheat. Make sure you regularly check your device settings and limit the apps that start with the system to only those you actually need for your daily tasks.

2. Background activities

Only run the machine when in use.





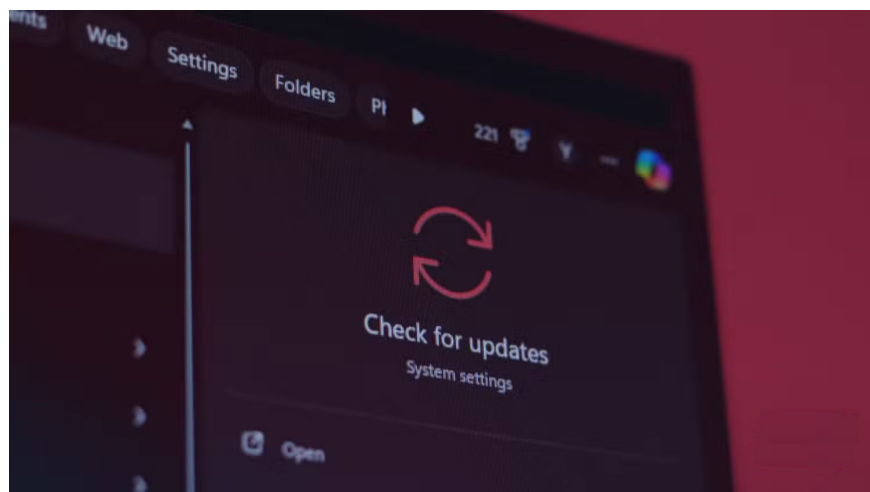


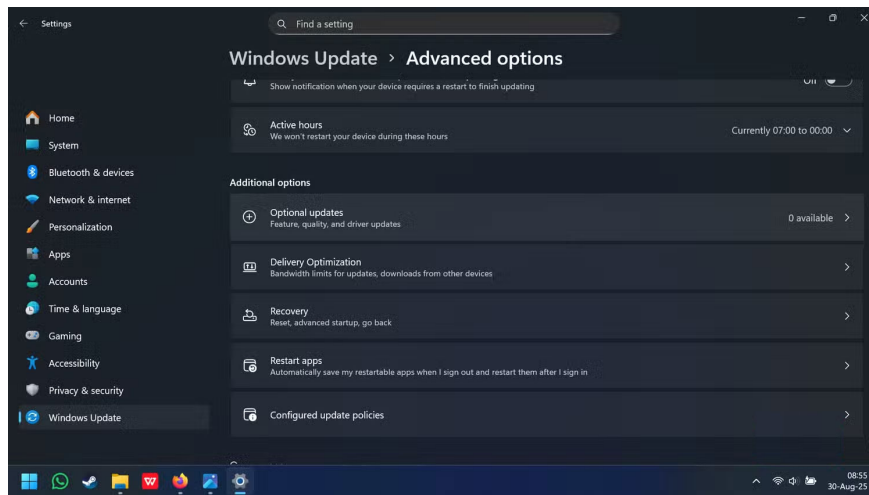
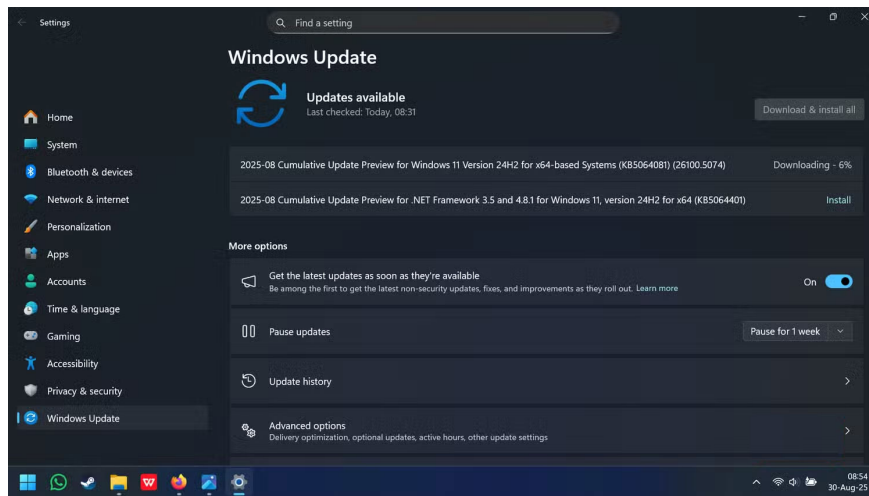
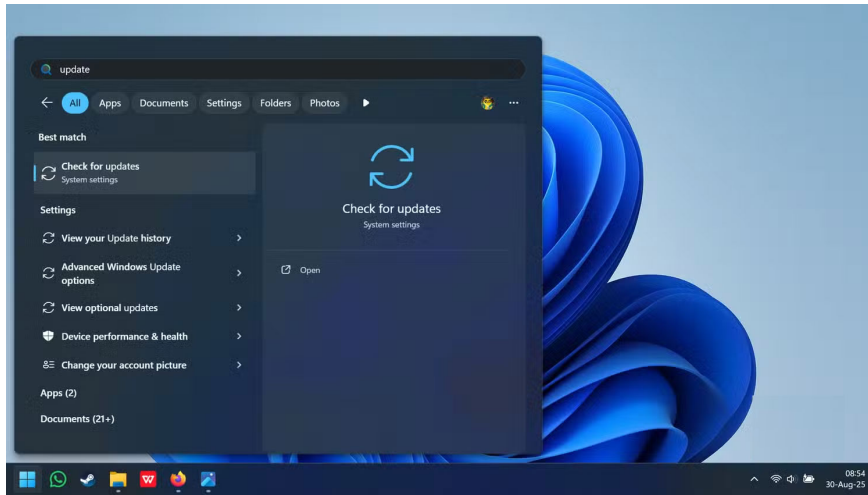
Similar to "launch at startup," many apps don't actually close when you tap the **X** icon in the top right corner. They continue running in the background, using device resources along with the apps you're currently using. Background activity isn't entirely bad. For specific apps, such as email or Discord, you need the app to keep running to receive timely on-screen notifications. However, you probably don't need Steam running in the background while studying or working.

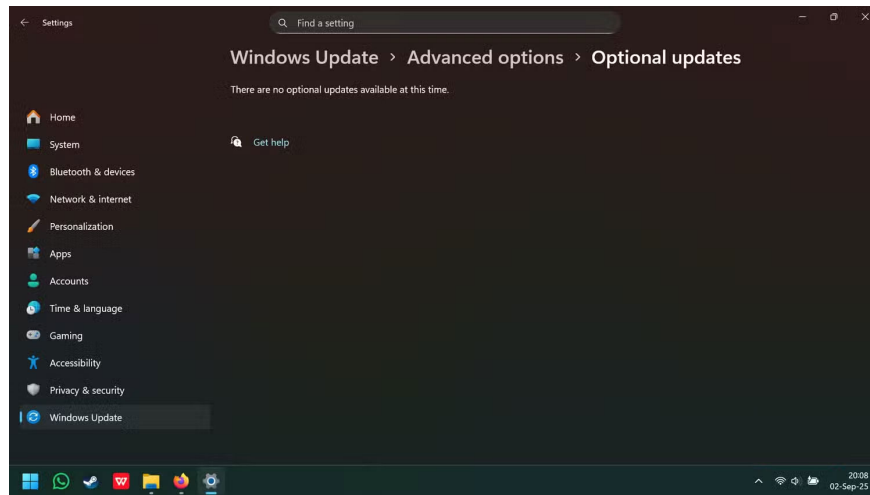
If you notice your laptop starting to get hot at the end of the day, it could be due to background applications. One or two applications might not be a problem, but what if you have 10? Your laptop might not be able to handle it.

1. Outdated software or drivers

Always keep everything up-to-date.







Outdated software and applications are often inefficient and incompatible with your current operating system. If you notice your laptop overheating when running a particular application or software that doesn't consume much resources, it's likely outdated. Regularly updating your software ensures you have access to the latest features and best performance. Not to mention, older applications are more vulnerable to malware attacks, so you could unknowingly infect your device with malware.

Drivers, which are crucial to how efficiently the hardware functions, also need to be updated. If you've ignored the "update available" notification for too long, consider giving your laptop 20 minutes to update all its components.

See more:

1. How can I tell if someone has accessed and used my computer?
2. This is the correct posture when sitting at a computer.
3. 10 tips to increase the lifespan of your laptop.

You finished reading the article "**6 potential hardware/software issues that cause laptops to overheat.**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.