

Cause and how to fix slow computer

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For Windows operating system or any operating system on the computer after a period of use will have the phenomenon of slow running, lag lag. That is because in the process of using the computer has generated additional files to assist in the operation process, causing lag. Today, Software Tips will guide you how to fix slow computer.



1. The cause makes the computer run slowly

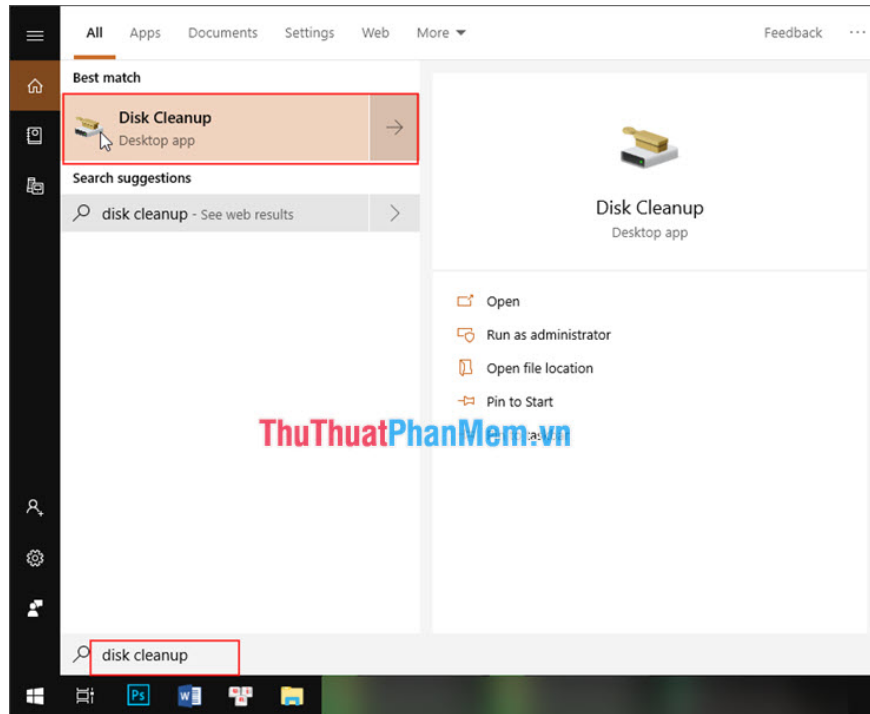
1. In the process of working, many junk files are generated
2. Applications that constantly run in the background consume resources
3. Hard drive is stored and deleted much, so it is not seamless and fragmented
4. There are virus files that exploit machine resources
5. Ads run in the background from manufacturers
6. The application was removed is not clean, not rooted .
7. Etc.

2. How to fix a slow computer

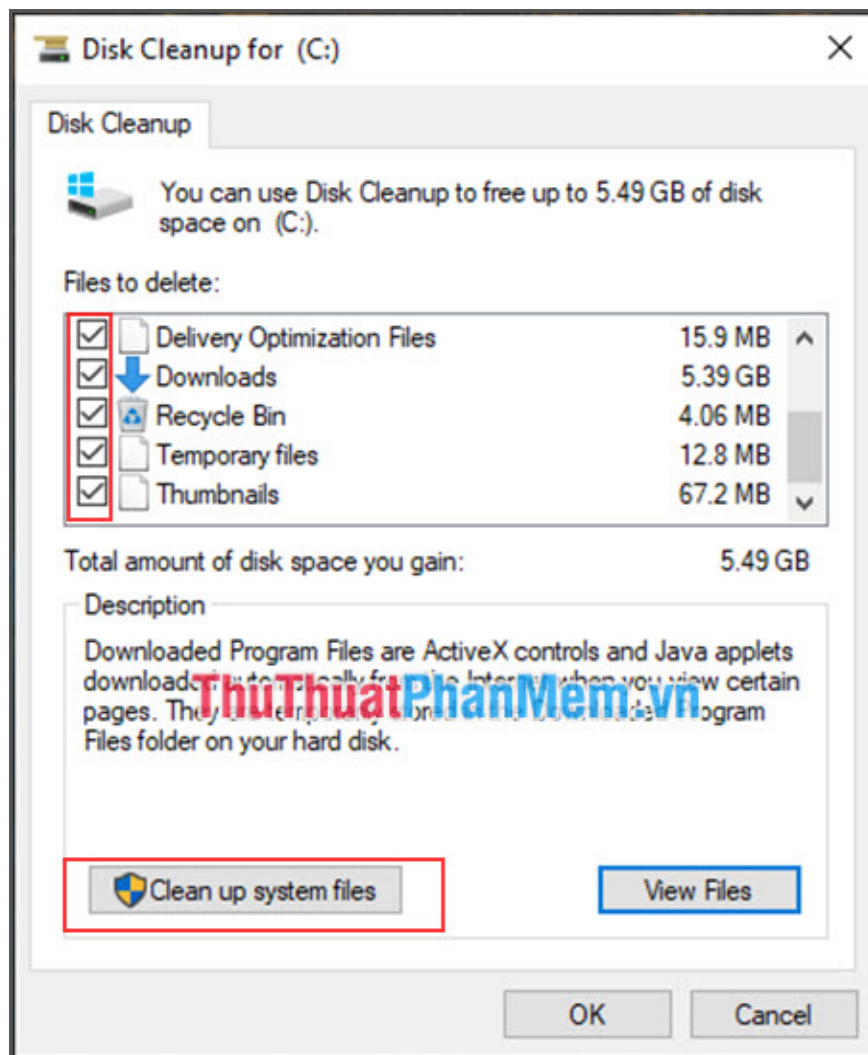
Clean up the computer drive

For this very simple way, you use utility software available on Windows to conduct disk cleanup.

Step 1: Click on the Windows window on the Taskbar and enter the keyword **Disk Cleanup** and launch the software.

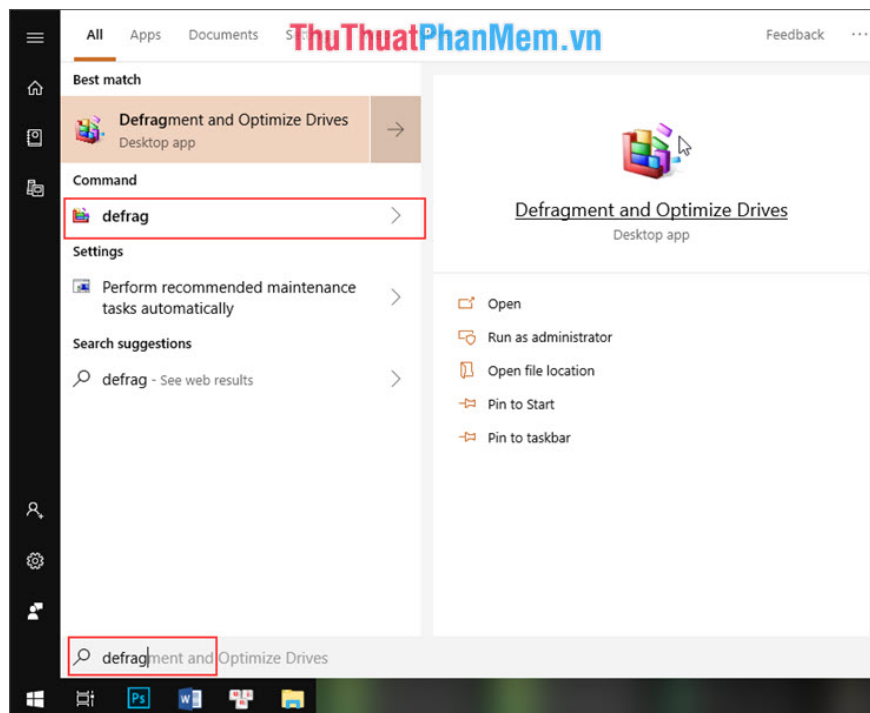


Step 2: Check the box (V) on all the items and proceed to scan and clean (**Clean up system files**)

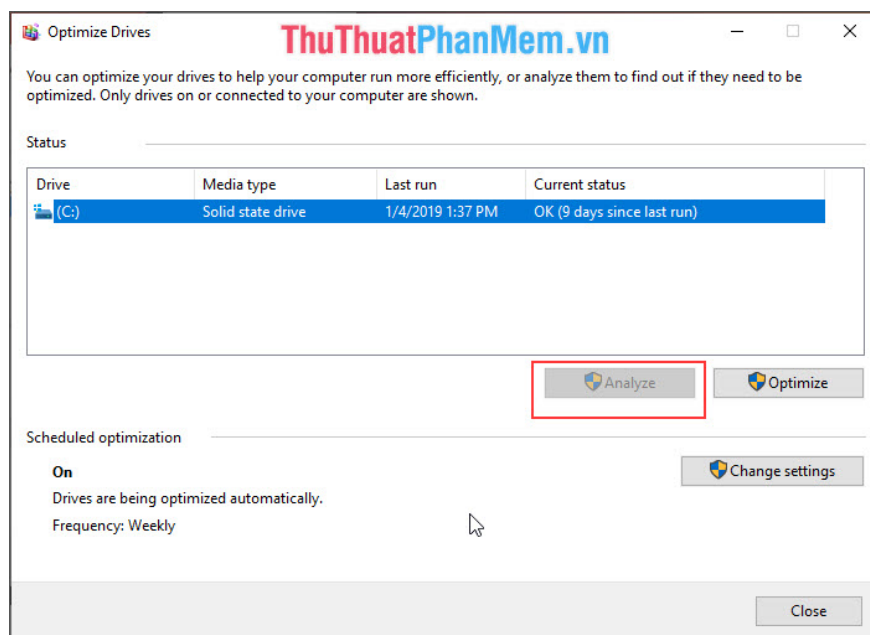


Defragment the hard drive (for HDD)

Step 1: Click on the Windows icon on the Taskbar and enter the keyword Defrag and start the software.

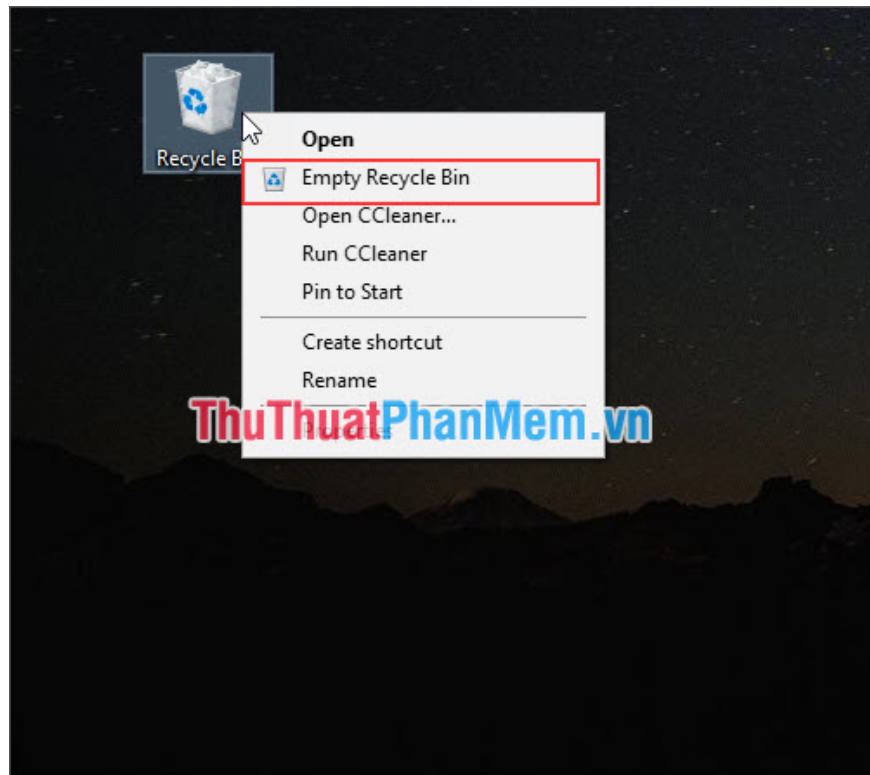


Step 2: Then you proceed to select the drives that need to be defragmented and proceed to select **Analyze** to conduct defragmentation.



Remove the trash

The data after you delete it will not disappear immediately, it will be in the trash causing a lot of space and speed of the computer. So you need to have a regular cleaning schedule with your trash to get the capacity and speed.



Turn off applications that run in the background

During the installation and use of software, there will be many programs running in the background on your computer. You need to proceed to turn off the background running programs to save resources on the computer.

Step 1: Right-click on the Taskbar and select **Task Manager**

Cortana >

✓ Show Task View button

Show People on the taskbar

Show Windows Ink Workspace button

Show touch keyboard button

Cascade windows

Show windows stacked

Show windows side by side

Show the desktop

Task Manager

✓ Lock the taskbar

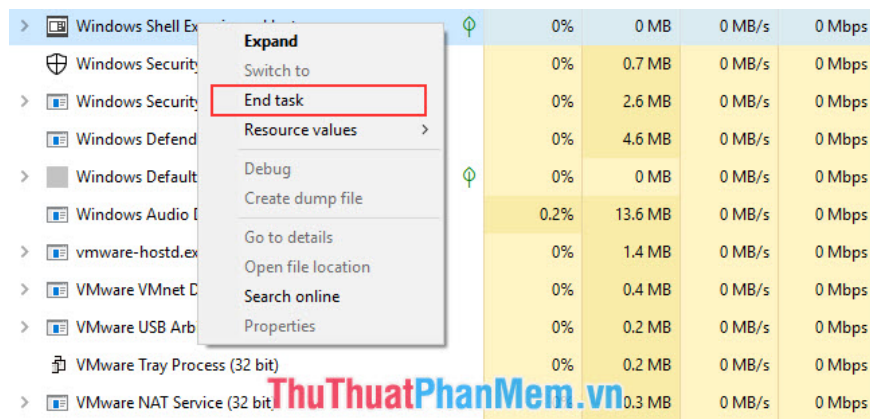
⚙ Taskbar settings

Step 2: Now you need to pay attention to what programs are not necessary for you to stop them. Each computer will have different applications running in the background.

The screenshot shows the Windows Task Manager Performance tab. The 'Background processes (60)' section is expanded, and a red box highlights the process 'vmware-hostd.exe (32 bit)'. The table below represents the data shown in the screenshot.

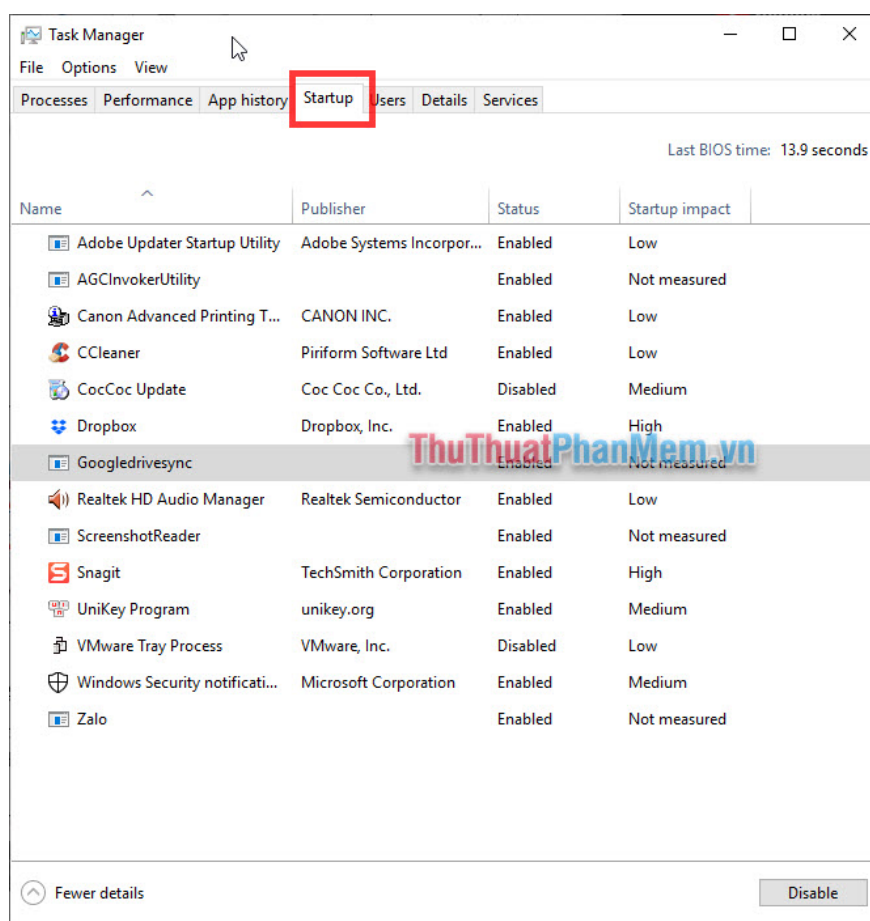
Name	Status	20% CPU	62% Memory	1% Disk	2% Network
Apps (4)					
> Task Manager		7.1%	20.8 MB	0 MB/s	0 Mbps
> Microsoft® Drive Optimizer		0%	2.3 MB	0 MB/s	0 Mbps
> Microsoft Excel		0%	16.8 MB	0 MB/s	0 Mbps
> Google Chrome (14)		7.5%	1,557.1 MB	1.1 MB/s	2.2 Mbps
Background processes (60)					
> 腾讯手游助手 (32 bit)		0%	0.1 MB	0 MB/s	0 Mbps
> Your Phone (2)	🔄	0%	0.2 MB	0 MB/s	0 Mbps
> Windows Shell Experience Host	🔄	0%	0 MB	0 MB/s	0 Mbps
Windows Security notification i...		0%	0.7 MB	0 MB/s	0 Mbps
> Windows Security Health Service		0%	2.6 MB	0 MB/s	0 Mbps
Windows Defender SmartScreen		0%	4.6 MB	0 MB/s	0 Mbps
> Windows Default Lock Screen	🔄	0%	0 MB	0 MB/s	0 Mbps
Windows Audio Device Graph Is...		0%	13.6 MB	0 MB/s	0 Mbps
> vmware-hostd.exe (32 bit)		0%	1.4 MB	0 MB/s	0 Mbps
> VMware VMnet DHCP service (3...		0%	0.4 MB	0 MB/s	0 Mbps
> VMware USB Arbitration Service		0%	0.2 MB	0 MB/s	0 Mbps
VMware Tray Process (32 bit)		0%	0.2 MB	0 MB/s	0 Mbps
> VMware NAT Service (32 bit)		0%	0.3 MB	0 MB/s	0 Mbps
> VMware Authorization Service (...)		0%	1.6 MB	0 MB/s	0 Mbps
Usermode Font Driver Host		0%	1.4 MB	0 MB/s	0 Mbps
Usermode Font Driver Host		0%	0.4 MB	0 MB/s	0 Mbps
UniKey Program		0%	0.4 MB	0 MB/s	0 Mbps
> TechSmith Uploader Service (32 ...)		0%	0.9 MB	0 MB/s	0 Mbps
> TeamViewer 14 (32 bit)		0%	0.8 MB	0 MB/s	0 Mbps
> System Guard Runtime Monitor...		0%	2.3 MB	0 MB/s	0 Mbps
Spooler SubSystem App		0%	0.5 MB	0 MB/s	0 Mbps
Snagit RPC Helper		0%	1.0 MB	0 MB/s	0 Mbps
Snagit Editor		0%	158.3 MB	0.1 MB/s	0 Mbps
Snagit		0%	74.1 MB	0 MB/s	0 Mbps
> Settings	🔄	0%	0 MB	0 MB/s	0 Mbps

Step 3: After identifying, you right-click on the program and select **EndTask**

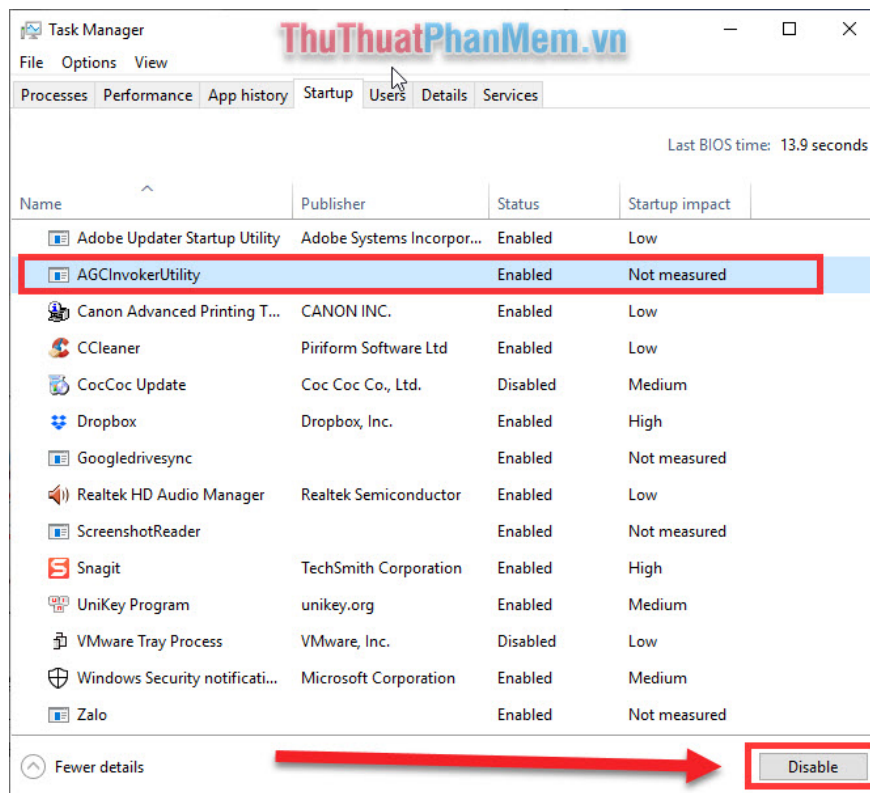


In this Task Manager, you continue to turn off unnecessary software to start with Windows.

You turn to the **Startup** section on the toolbar. Here, will display the startup software with Windows.

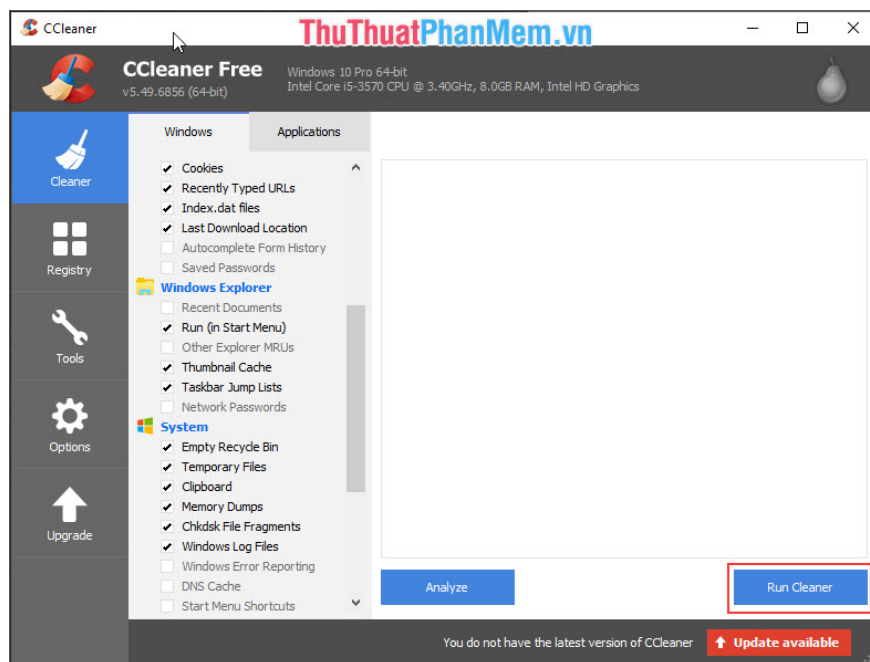


Then, you choose the unnecessary software to start with Windows and select **Disable** .



Use Ccleaner to clean

Ccleaner is a pretty good software utility with the ability to manage data and capacity for your computer. After clearing cache, data . in your computer you will see your computer speed up.



Thus, the Software Tips have introduced to you the causes of slow computers and how to fix them to make the computer run faster. Good luck!

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