

How to check CPU temperature using CPU-Z

Temperature is always the biggest enemy of electronic components and devices. This is especially true when using a computer, as working with multiple software programs and heavy tasks for extended periods can cause the CPU temperature to rise, sometimes leading to shutdowns and affecting other components as well as your ongoing work. Therefore, regularly check the temperature using CPU-Z to monitor heat levels and quickly implement cooling solutions.

There are many reasons why your CPU might overheat, such as prolonged heavy workloads, lack of regular cleaning, or environmental factors. Regardless of the reason, you should monitor and know your CPU's current temperature to avoid damaging other components. Some computers have dedicated software for this, but if your machine doesn't support it, you can download CPU-Z/HWMonitor, a software specifically designed to gather information about hardware components.



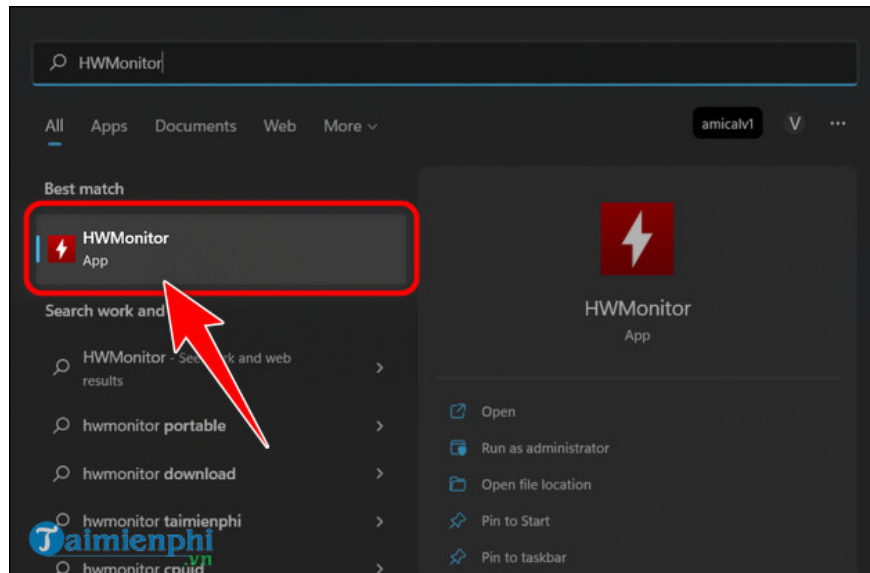
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Instructions on using CPU-Z to check CPU temperature.

Step 1: Access **the link below to download and install the HWMonitor software .**

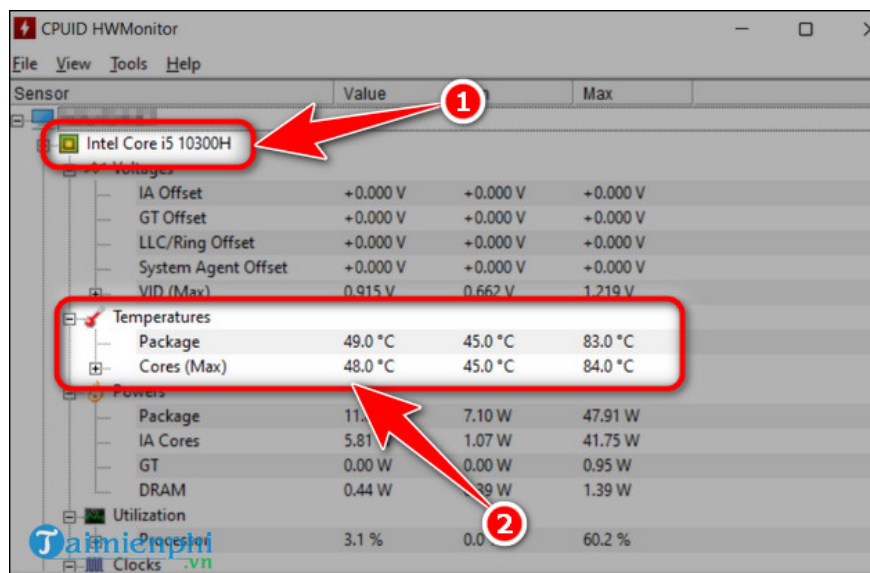
- Download **HWMonitor** here.

Step 2: After the installation is complete, open the **HWMonitor** software .



Step 3: To view your computer's **CPU temperature** , click on the **CHIP** section. - For example, the image shows an **Intel Core i5 10300H chip**. The **Temperatures** section will have two sub-sections:

- + **Package** : The overall CPU temperature.
- + **Cores (Max)** : The physical cores of the CPU.



Step 4: To view detailed **CPU core temperatures** , click **the plus icon at the beginning of the Cores (Max) line** .

Sensor	Value	Min	Max
NGUYENVIET			
Intel Core i5 10300H			
Voltages			
IA Offset	+0.000 V	+0.000 V	+0.000 V
GT Offset	+0.000 V	+0.000 V	+0.000 V
LLC/Ring Offset	+0.000 V	+0.000 V	+0.000 V
System Agent Offset	+0.000 V	+0.000 V	+0.000 V
VID (Max)	0.953 V	0.662 V	1.219 V
Temperatures			
Package	49.0 °C	45.0 °C	83.0 °C
Cores (Max)			
Core #0	47.0 °C	44.0 °C	83.0 °C
Core #1	48.0 °C	44.0 °C	74.0 °C
Core #2	49.0 °C	44.0 °C	87.0 °C
Core #3	46.0 °C	43.0 °C	72.0 °C
Powers			
Package	11.63 W	7.10 W	47.91 W
AGP	5.58 W	1.07 W	41.75 W
GT	0.00 W	0.00 W	0.95 W

Once you know the CPU temperature, you can use it to assess the condition of your computer. Additionally, you can easily and quickly **check your laptop's fan using CPU-Z** and take corrective measures if the component is overheating.

If you want to check your laptop's hardware in more detail, download Furmark software now. Furmark has all the functions to help you know the current status of your device.

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