

How to cool down your laptop, reduce heat, and dissipate heat quickly.

After a period of use, you will notice that the laptop's hardware, especially the cooling system, performs significantly worse. Continuing to use a laptop when it's overheating can cause serious problems. Therefore, in this article, TipsMake will guide you through some ways to cool down your laptop, reduce heat, and dissipate heat quickly.

As mentioned above, if a laptop overheats, it can cause several serious problems such as the device shutting down unexpectedly, or even serious hardware failures and malfunctions.



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Therefore, readers can refer to the following article from TipsMake to learn how to cool down their laptops, reduce heat, and dissipate heat quickly.

1. Check the hardware and clean the laptop.

Most laptop and computer malfunctions are caused by both hardware and software issues. However, the primary reason for laptop overheating is often hardware problems. Excessive heat and continuous use can damage components, including the hard drive and motherboard.

If your laptop suddenly shuts down, it's most likely due to overheating. After checking and confirming that the problem is overheating, TipsMake recommends taking your laptop to a reputable laptop and computer repair center for assistance.

In addition, you should also clean your laptop regularly. Dust and dirt can hinder airflow, causing the laptop to overheat during prolonged use.

2. Use a cooling pad.

Cooling pads function similarly to the built-in cooling system in laptops. Using a cooling pad also helps to enhance the cooling of your system and laptop.

There are many different cooling systems and pads designed with varying cooling capabilities. Regardless of the chosen cooling pad, it will help to "cool down" your laptop during use. Additionally, a small note: avoid placing objects in front of, next to, or under the laptop's cooling vents to prevent obstructed airflow.

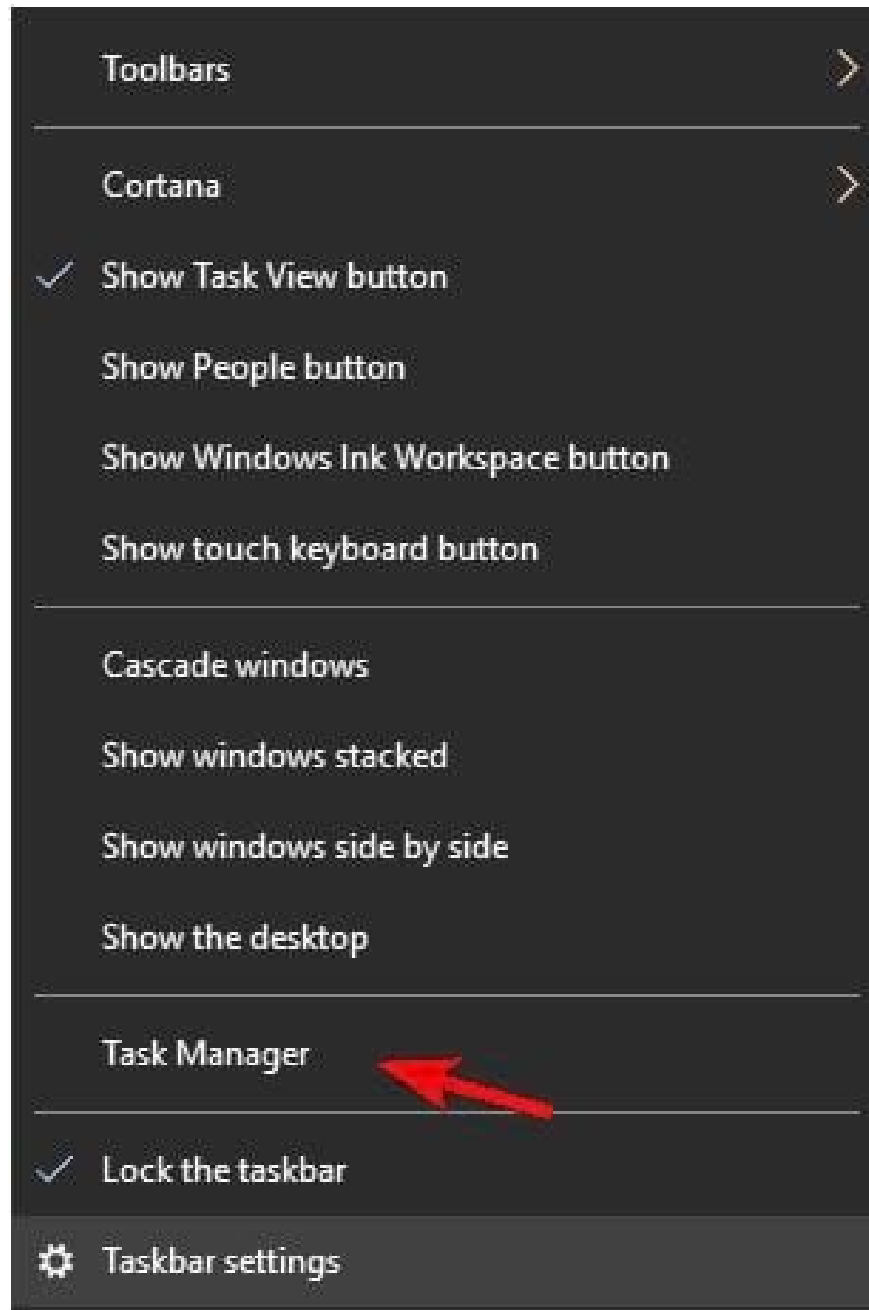
3. Block processes that are using a lot of RAM.

Some laptop lines are specifically designed for gaming, while others are not. Gaming laptops are equipped with better cooling systems and more suitable hardware, providing users with a better experience.

However, if you notice your laptop getting hotter than usual, or if games start freezing, lagging, or becoming unresponsive, it's time to give your device a rest.

Additionally, the same issue occurs with processes that consume a lot of RAM. To fix a laptop overheating due to software issues, the solution is to block processes that consume a lot of RAM from running in the background. To do this, follow the steps below:

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



Step 2: In the Task Manager window, select **the Startup tab**.

Step 3: Here, disable all unnecessary programs and processes to prevent them from starting with the system.

Name	Publisher	Status	Startup impact
DAEMON Tools Lite	Disc Soft Ltd	Disabled	None
hkcmd Module	Intel Corporation	Enabled	Low
igfxTrey Module	Intel Corporation	Enabled	Low
iTunesHelper	Apple Inc.	Disabled	None
Microsoft OneDrive	Microsoft Corporation	Disabled	None
persistence Module	Intel Corporation	Enabled	Low
Realtek HD Audio Manager	Realtek Semiconductor	Enabled	Low
RemoteServerWin		Enabled	Not measured
ShareX	ShareX Team	Enabled	High
Speech Recognition	Microsoft Corporation	Disabled	None
Spotify	Spotify AB	Disabled	None
Spotify Web Helper	Spotify AB	Disabled	None
Synaptics TouchPad 64-bit E...	Synaptics Incorporated	Enabled	Low
Windows Defender notificati...	Microsoft Corporation	Enabled	Low

Step 4: Finally, restart your computer and check the RAM/CPU activity changes in Task Manager.

4. Monitor CPU temperature in real time.

The ultimate solution for cooling a laptop, reducing heat, and dissipating heat quickly is to monitor the CPU temperature in real time. To do this, we will need the help of third-party applications, such as Speed ??Fan.

Download and install Speed ??Fan here: [Download SpeedFan](#)

After installing and running Speed ??Fan, the application will provide you with an overview of your CPU temperature, enough to let you know when to let your laptop rest. (See here for instructions on how to check your CPU temperature .)

Besides Speed ??Fan, you can search for and use other tools with similar functions to monitor your laptop's temperature.

The article above, provided by TipsMake, has guided you through several ways to cool down your laptop, reduce heat, and dissipate heat quickly. Hopefully, this article has provided you with useful information. Additionally, if you have any questions or need clarification, please leave your comments in the section below the article.

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