

# How to see which apps are using the network on Windows 10

If you notice your internet connection suddenly slowing down, it's likely that an application on your computer is using bandwidth in the background. Windows 10 can show you which applications are using the network and how much data they're consuming. Here are some ways you can view that information.

With the methods shared below by thuthuat.taimienphi.vn, you can not only see which applications are using the network but also view all network usage. Users can see a list of applications that have used the network in the past 30 days. Whether an application is communicating with a remote server on the network or a computer is connecting to your local network, this information will appear.



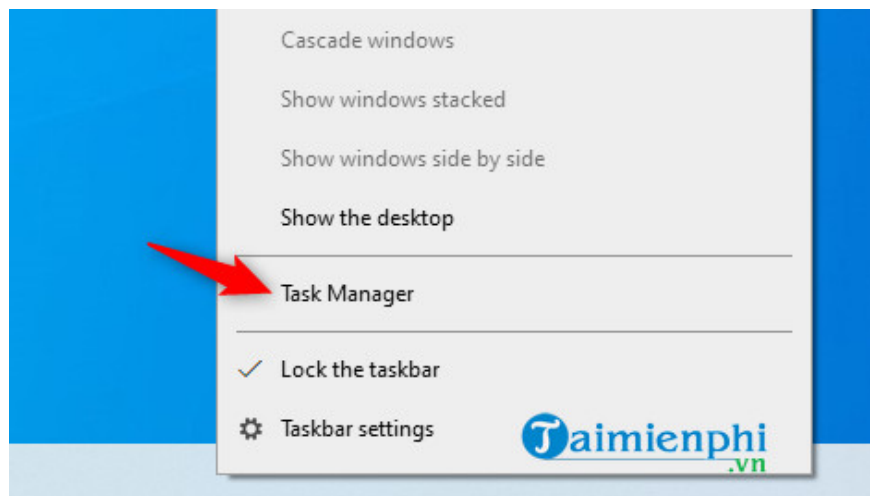
How to see which apps are using the network on Windows 10.

1. Check your network usage .
2. Open Resource Monitor .
3. View your network data usage .

## 1. Check current network usage using Task Manager.

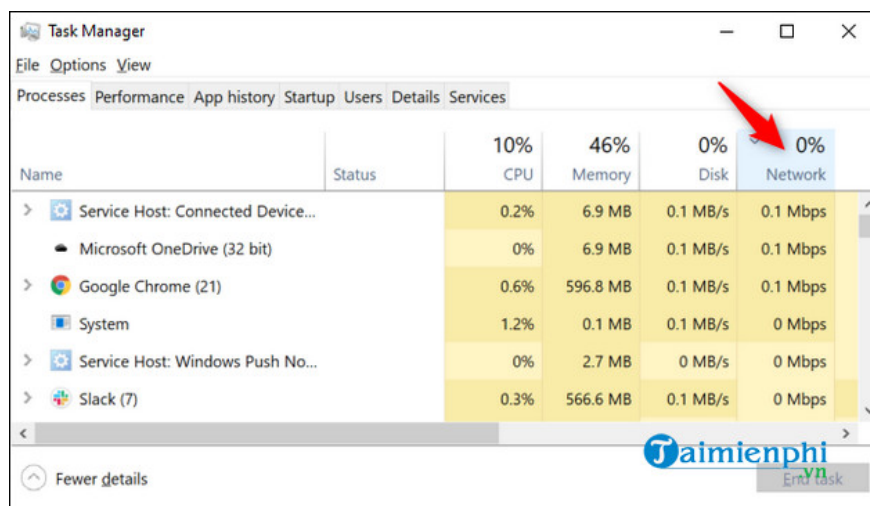
Task Manager will show you exactly which applications are currently using the network and how much data they are downloading and uploading.

To open Task Manager on Windows 10 , right-click on the taskbar and select **Task Manager** , or press **Ctrl + Shift + Esc** . There are several other ways to open Task Manager.



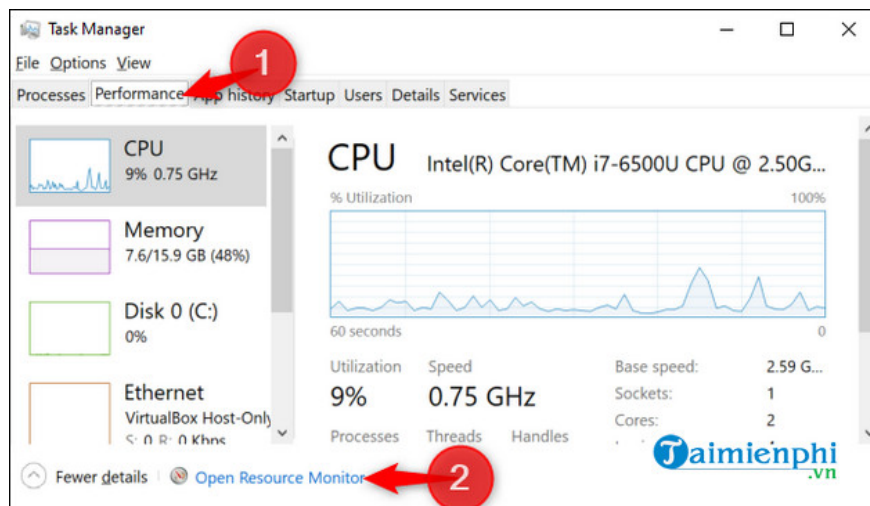
In the process list, click on **Network** to sort the processes that are using the network. View the list and you will see which applications are using the network along with the amount of bandwidth they are using. (If you don't see the **Network** heading, click on **More Details** first).

Technically, this isn't a complete list if a process isn't using a lot of network resources. Windows rounds down to 0 Mbps (Megabits per second). It's just a quick way to see which processes are using a significant amount of bandwidth.



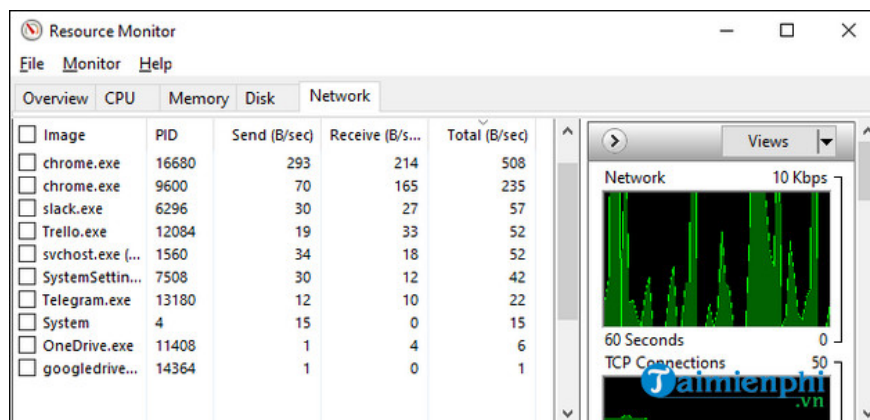
## 2. *Open Resource Monitor for more details.*

To learn more, open the **Resource Monitor** application. You can open it by searching for "**Resource Monitor**" on the Start Menu or by clicking the **Performance** tab in **Task Manager** and selecting "**Open Resource Monitor**" at the bottom of the window.



Next, click on the **Network** tab , and a list of processes downloading and uploading data over the network will appear. You will also see the amount of data they are transmitting in B/sec (Bytes per second).

This also shows processes that are using a small amount of network bandwidth, which otherwise appear as 0 Mbps usage in Task Manager.

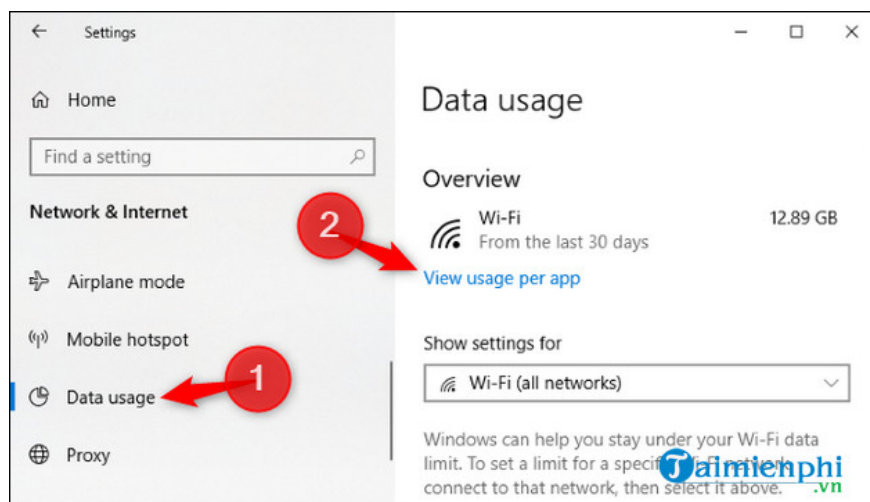


With both the Task Manager and Resource Monitor lists , you can right-click on the application and select **Search Online** to find more information about exactly what this process is.

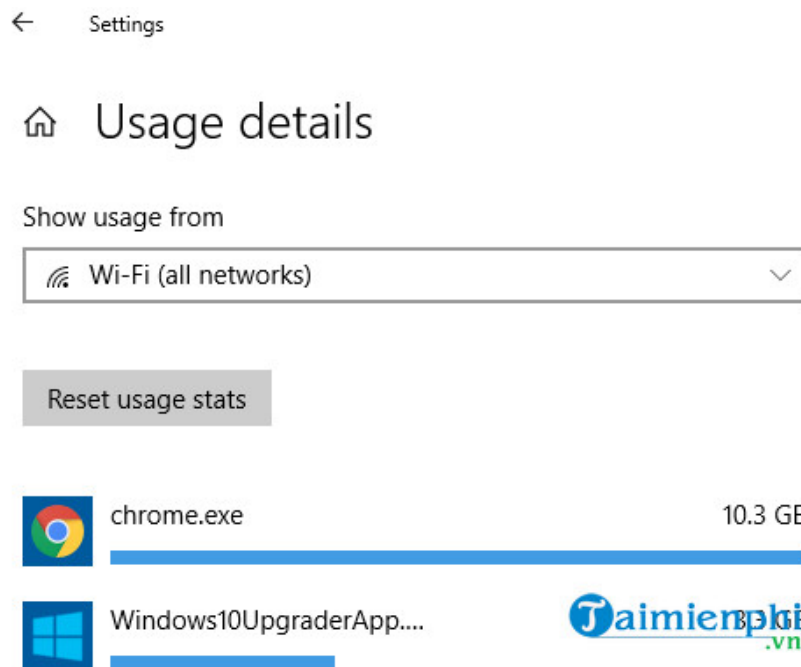
### 3. Review your mobile data usage over the past 30 days.

Windows 10 tracks which apps are using your network and how much data they're transmitting. You can see which apps have used your network in the last 30 days and how much data they've used.

To find this information, go to **Settings > Network & Internet > Data Usage** and click on **View usage per app** at the top of the window.



Here, you can browse a list of apps that have used the network in the past 30 days. If you're connected to Wi-Fi, you can see which apps have used the current Wi-Fi network or a list of apps that have used the network across all Wi-Fi networks you're connected to. Select what you want to see in the **"Show usage from"** box .



The top of the list will contain the likely culprits. These could be the apps you use most often. Scroll down further and you'll find some apps that rarely connect to the internet and don't use much data to function.

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