

How to stop background apps running on Windows 10

There are many reasons why your computer is slow. One of the reasons is that all background applications are affecting your PC's performance. You can improve things by disabling those background apps.

Background apps can be a problem when you want to save battery power on your laptop. With these tips, you will finally have control over those background apps.

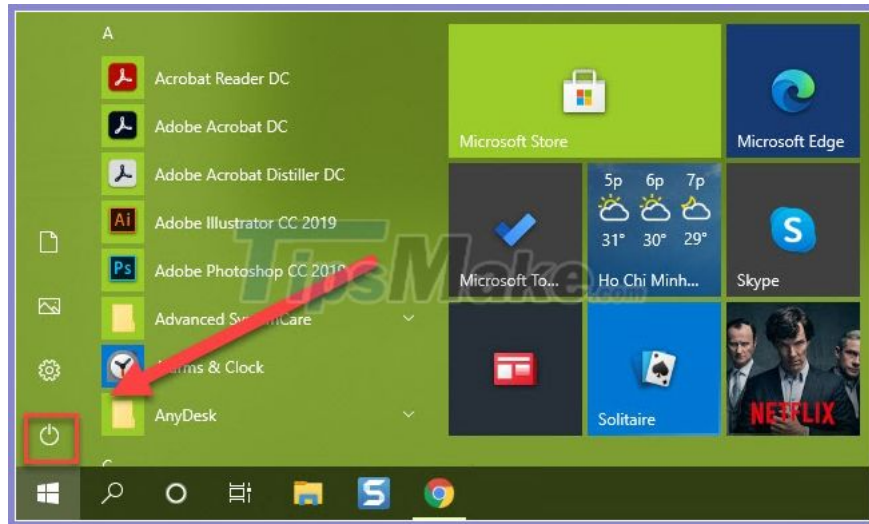
Things to note before turning off the application

Before proceeding to disable all background apps, there are a few things you should keep in mind:

1. Turning off background apps doesn't prevent real apps from working. You can still launch and use them as needed. This will only prevent these apps from downloading data, CPU / RAM usage, and battery consumption when you're not using them.
2. When an app is turned off, you won't get any notifications from that app or see the updated data it provides, such as news in the Start menu pane.
3. Some of these applications depend on running in the background to provide their core services. For example, if you turn off Alarm, the alarm will not sound when you set it. If you already have another alarm app, you can turn off Alarm in the system. It still depends on your usage and preferences.

Disable background apps from Control Panel

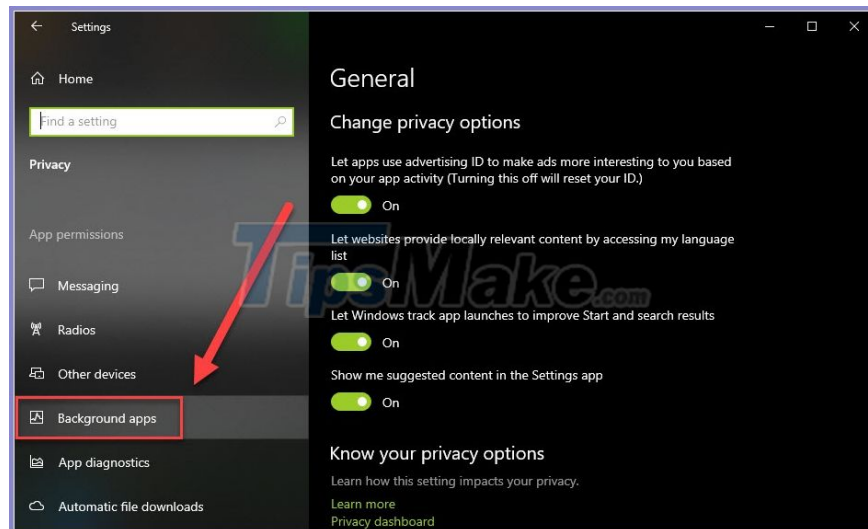
To access background apps, press **Windows + I** to open **Settings** . Or you can open it from the **Start** menu >> **Settings** .



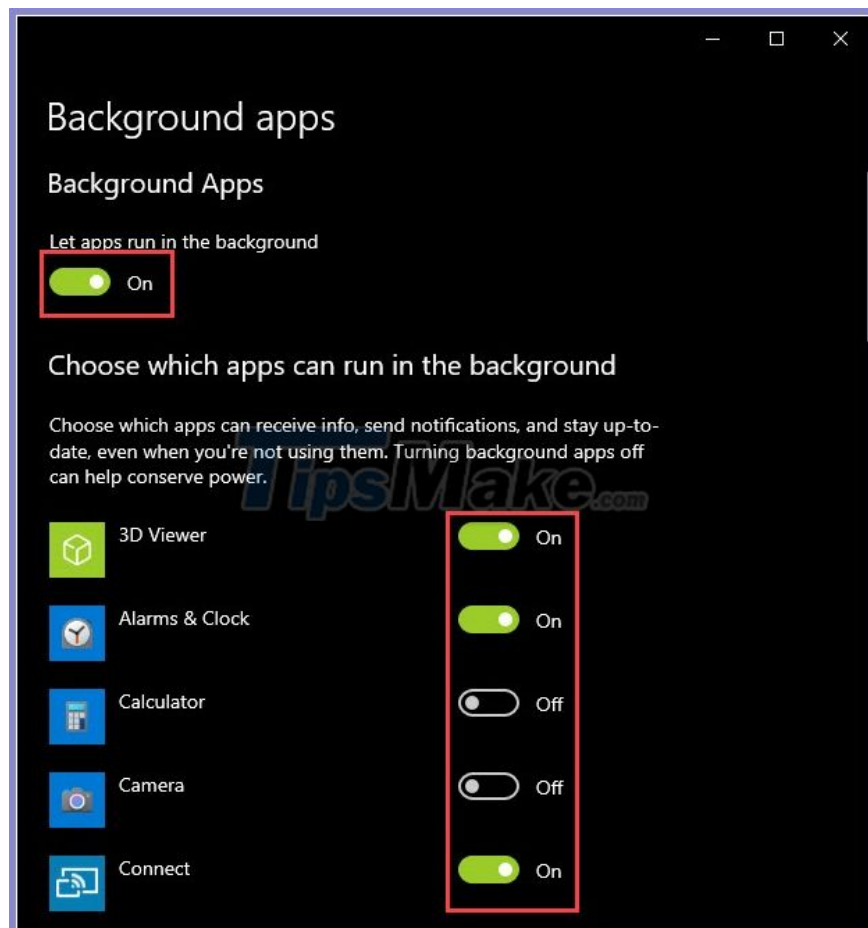
In the settings home page, open **Privacy** .



Select **Background Apps** from the menu on the left.



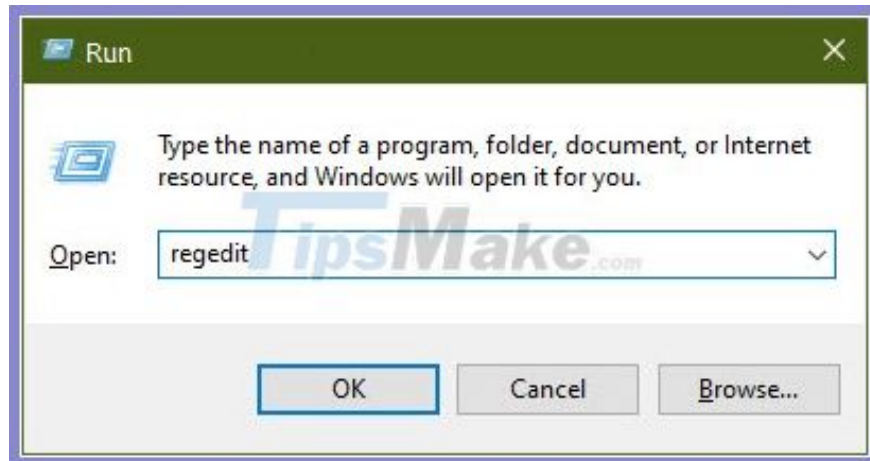
In the right pane you can see all the Windows apps that have permission to run in the background. You just need to change ON to **OFF** to turn it off. In case you want to turn everything off, you set **OFF** in the **Let apps run in the background** .



Prevent apps from running in the background using the Registry

Note: You should back up the Registry before proceeding. Because a little mistake you sometimes will cause Windows to perform incorrectly.

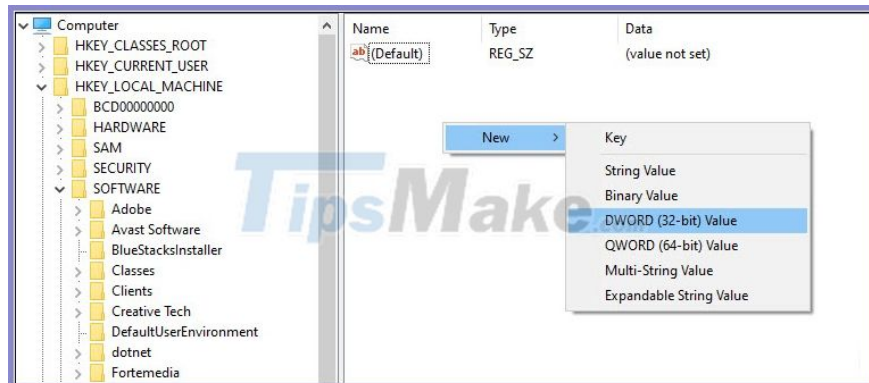
You press **Windows + R** , then type in the box **regedit** and then **Enter** .



When the Registry Editor appears, go to the following location: 'HKEY_LOCAL_MACHINE -> SOFTWARE -> Policies -> Microsoft -> Windows -> AppPrivacy.'



If you don't see the AppPrivacy key, you'll need to generate one. Right-click in the space on the right, choose **New >> DWORD (32-bit) Value** .



Name the key ' **LetAppRunInBackground** ' .

Name	Type	Data
(Default)	REG_SZ	(value not set)
LetAppsRunInBa...	REG_DWORD	0x00000000 (0)

Once created, click on it and set the **Value data to 2** . Then **OK** .

Value name:
LetAppsRunInBackground

Value data:
2

Base
 Hexadecimal
 Decimal

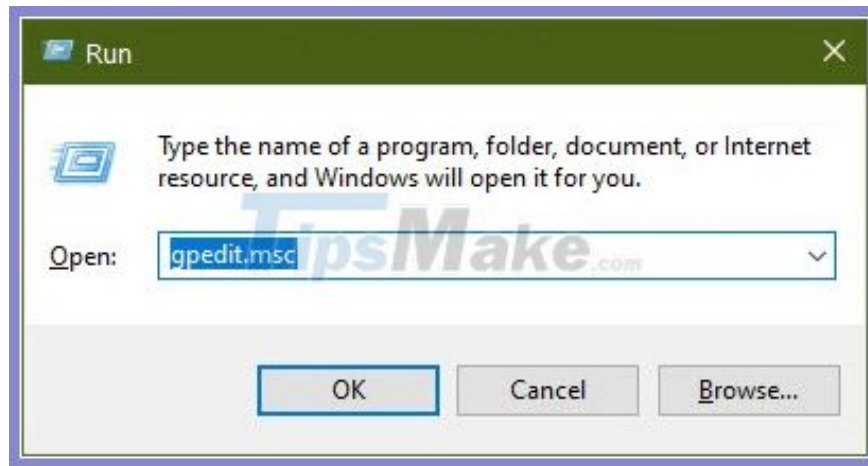
OK Cancel

If you later change your mind and want to allow apps to run in the background, delete **'LetAppsRunInBackground'** or set its value to **0** .

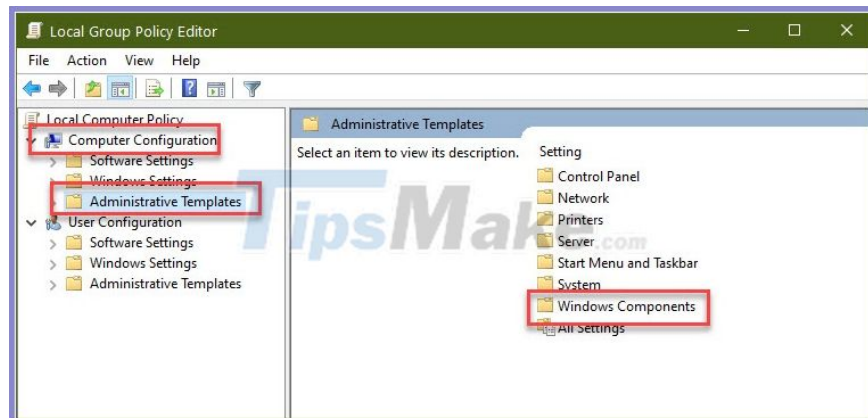
Prevent applications from running in the background using Local Group Policy

If you are using Windows 10 Pro, Enterprise, or Education editions, you can also use Local Group Policy to disable apps running in the background.

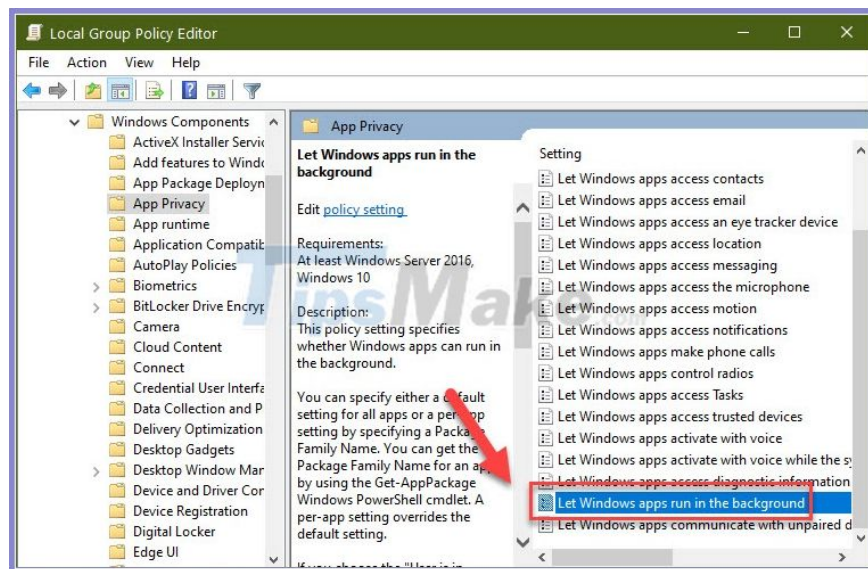
Press **Windows + R** , but this time type **gpedit.msc** and press **Enter** .



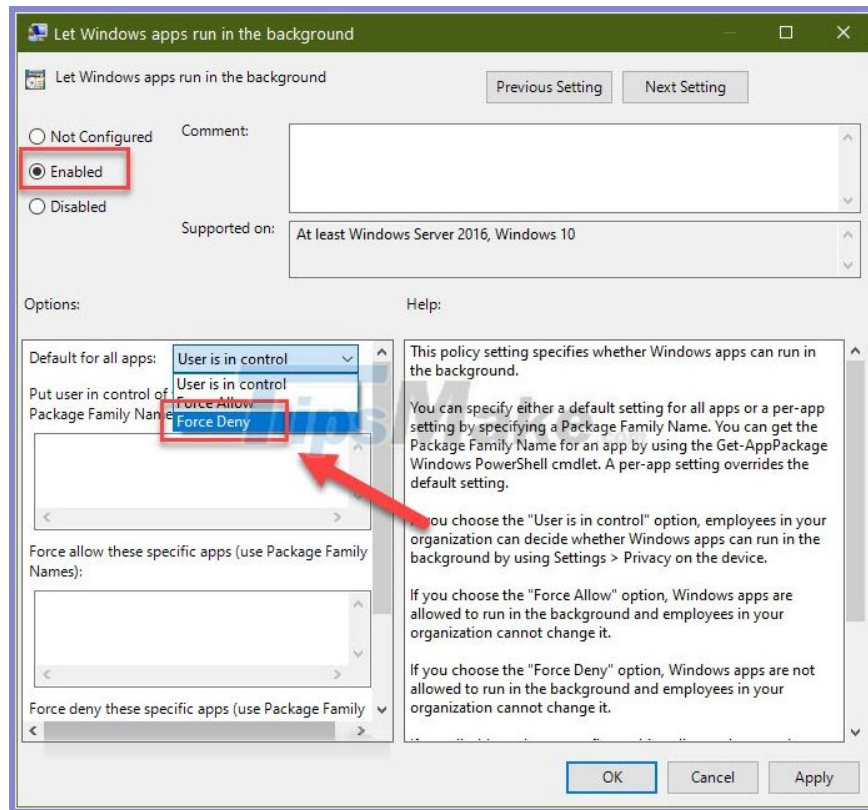
Local Group Policy window appears, navigate to: '**Computer Configuration -> Administrative Templates -> Windows Components -> App Privacy**' .



In the list, double-click to open **Let Windows apps run in the background** .



You tick **Enabled** , then pay attention to **Default for all apps** , select **Force Deny** .



Finally remember **Apply** to apply. You will need to restart your computer.

Good luck.

You finished reading the article "**How to stop background apps running on Windows 10**" 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.