How to stop Windows updates on your PC

This is how you strengthen and fine-tune your system so that updates occur according to your own schedule, not Microsoft's.

Windows consistently chooses the worst times to install updates, so you need to regain control in a truly effective way. This is how to strengthen and fine-tune your system so that updates happen according to your schedule, not Microsoft's.

5. Pause update settings.

Let's start with the simplest method. Windows Update provides a built-in pause feature, but it's more limited than you might think. Open Settings (**Win + I**), then select **Windows Update , and you'll see the Pause updates** option .

The problem is: Windows 11 Home users can only pause updates for a maximum of one week, while Pro and Enterprise users can pause them for up to five weeks. After the pause period ends, Windows will force you to install the pending updates before you can pause again. Microsoft intentionally designed it this way to prevent people from indefinitely delaying updates.

This method is very effective for short-term needs, such as when you're working on an important project or preparing for a week-long presentation. But it's not a long-term solution. People use this method when they know an update has just been released and want to wait a few weeks to see if others report any problems.

4. Set your network connection to Metered mode.

Although not specifically designed to stop or pause updates, this trick exploits Windows' built-in data-saving features. When you set your connection to Metered mode, Windows is much more cautious when downloading large files, including updates.

To use this trick, open **Settings** , go to **Network & internet** , select your connection type (**Wi-Fi** or **Ethernet**), and turn on **Metered connection** . For Wi-Fi, you first need to tap on your network name.

The clever thing about this method is that Windows handles metered connections differently. It will still download important security updates, but will hold off on feature updates and driver downloads. This gives you more time while maintaining basic security.

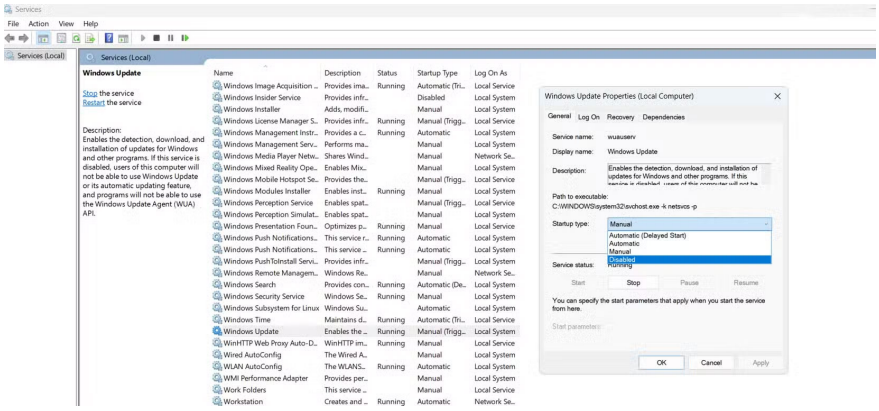
The downside is that setting your connection to Metered mode doesn't just affect Windows Update. Some apps might behave differently, syncing less frequently or asking for permission before downloading content. For example, OneDrive automatically pauses syncing on connections with data limits unless you give permission.

This method is especially useful on laptops, where you really want to save bandwidth. However, it's not a perfect solution. Windows will eventually override the bandwidth limit settings for updates it deems important, especially if your system is slow to update patches.

3. Disable the Windows Update service (services.msc)

Now we'll explore more drastic methods; disabling the Windows Update service will completely stop the update process.

Press **Win + R** , type **"services.msc"** and press **Enter.** Scroll down to **Windows Update** in the list of services. Right-click on it, select **Properties** and change **Startup type** to **Disabled** . If the service is currently running, click **Stop** first, then select **Apply** to apply your changes.



In my experience, this method works extremely well. No more unexpected downloads, no automatic restarts, nothing at all. The system will remain in its current state until you manually re-enable the service.

However, frustratingly, even this isn't a long-term solution, as Windows has backup mechanisms that can restart this service. For example, the Update Orchestrator service can wake up the Windows Update service even if you've turned it off. Some Windows updates can also reset your service configuration during installation. So, be sure to check this service every time you manually update.

Disabling this service eventually stopped updates on the device; however, the problem is that it requires you to manage all updates manually. You will miss automatic security patches, which could leave your system vulnerable to attacks if you forget to periodically check for important updates.

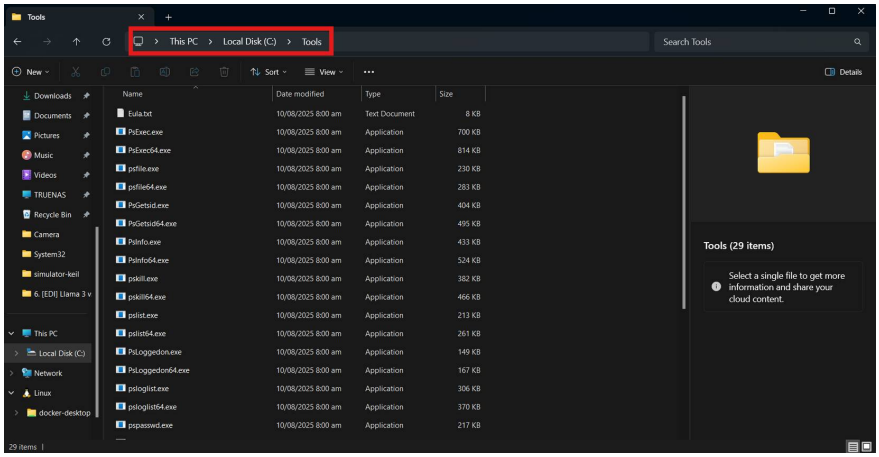
2. Turn off Update Orchestrator (Task Scheduler)

Windows Update and Update Orchestrator work together to ensure updates are installed on your PC. Enabled by default, they schedule tasks that can wake the computer from sleep mode and restart disabled services.

To effectively address this issue, you need to make some adjustments. Press **Win + R** , type **"taskschd.msc"** , and navigate to **Task Scheduler Library > Microsoft > Windows > UpdateOrchestrator** . Tasks such as **Reboot** and **Schedule Scan** should be noted.

This is where things get complicated. Even with administrator privileges, Windows often prevents you from directly disabling these tasks. The system will report permission errors or request login information that you don't have.

The best solution you can find is to use Microsoft's PsExec tool from the Sysinternals suite. After downloading PsExec from Microsoft's official Sysinternals website, create a new folder at the root of drive C: and name it **Tools** . Then, you need to extract the contents of PsTools into this newly created folder (**C:Tools**).



Access the second Windows Start menu by pressing **Win + X** and selecting **Terminal (Admin)** . This allows you to open PowerShell with administrator privileges. In Terminal, navigate to the **Tools** folder by typing:

```
cd C:Tools
```

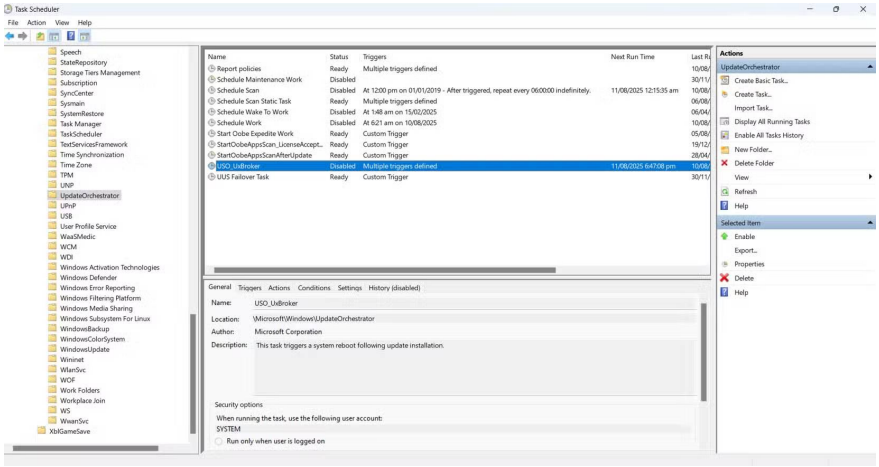
Launch PsTools using the command:

```
psexec -i -s cmd.exe
```

A SYSTEM shell will appear. From the SYSTEM prompt with administrator privileges, launch Task Scheduler by typing:

```
taskschd.msc
```

Now, navigate to **Task Scheduler Library > Microsoft > Windows > UpdateOrchestrator and disable the USO_UBroker** , **Schedule Scan** , and **Scheduler Wake To Work** tasks . You can right-click on each task and select **Disable** without encountering those annoying permission errors.



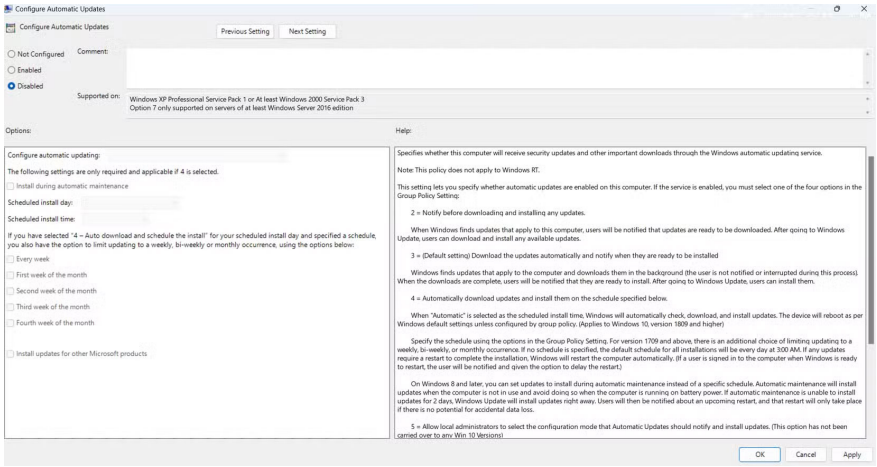
This method is especially important if you frequently use Sleep mode. Without disabling UpdateOrchestrator, your computer might automatically wake up in the middle of the night to check for updates, rendering other methods ineffective.

The PsExec method achieves the right balance between efficiency and security. It uses Microsoft's own tools to obtain the necessary permissions without requiring permanent system modifications, which could cause problems later on.

1. Use Group Policy Editor (Pro and Enterprise versions)

Group Policy is a feature that makes Windows Pro worth the extra cost. If you're using Windows Pro or Enterprise, this is your strongest option. Home edition users won't be out of luck here, as Microsoft doesn't include a Group Policy Editor in that version.

Press **Win + R** , type **"gpedit.msc",** then navigate to **Computer Configuration > Administrative Templates > Windows Components > Windows Update > Manage end user experience** . Find the item **Configure Automatic Updates** and double-click it.



Select **Disabled** and apply the changes. This action tells Windows to stop automatically checking for, downloading, and installing updates. Unlike other methods, Group Policy changes are more persistent and harder for Windows to override.

What makes Group Policy superior is its ability to integrate with core Windows systems. Instead of trying to troubleshoot Windows update mechanisms, you're using Microsoft's administrative tools to change system behavior at a fundamental level.

Good luck!

Please refer to the following articles for more information:

1. Here's how to completely disable Windows Defender on Windows 10, 7, and Windows Vista.
2. Display CPU information via Command Prompt on Windows 10
3. Quick guide to fixing the "Inaccessible Boot Device" error on Windows 10/8/7 and Windows Vista

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