

How to view network-based applications on Windows 10

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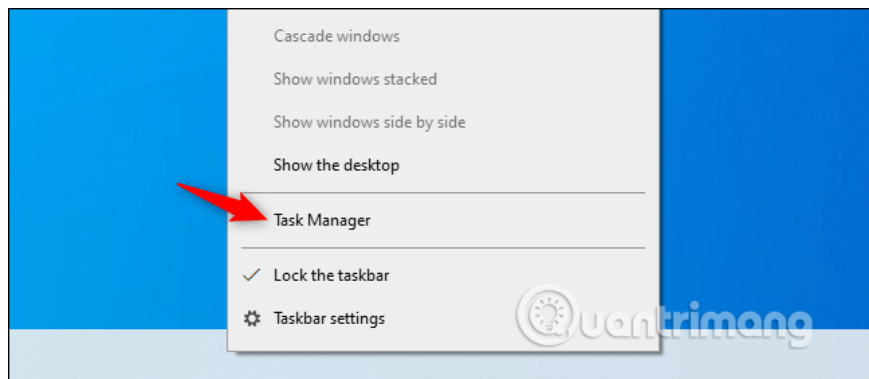
The following article will show you how to view the application has been using the Internet along with its Internet usage and general network.

1. How to block Internet connection software, Windows 10 applications
2. Monitor and save Internet capacity on Windows 10
3. Check hidden connections to the Internet in Windows

Use Task Manager to see the current network usage

To check exactly which applications are using your network and the amount of data consumed to download and upload, you need to access Task Manager.

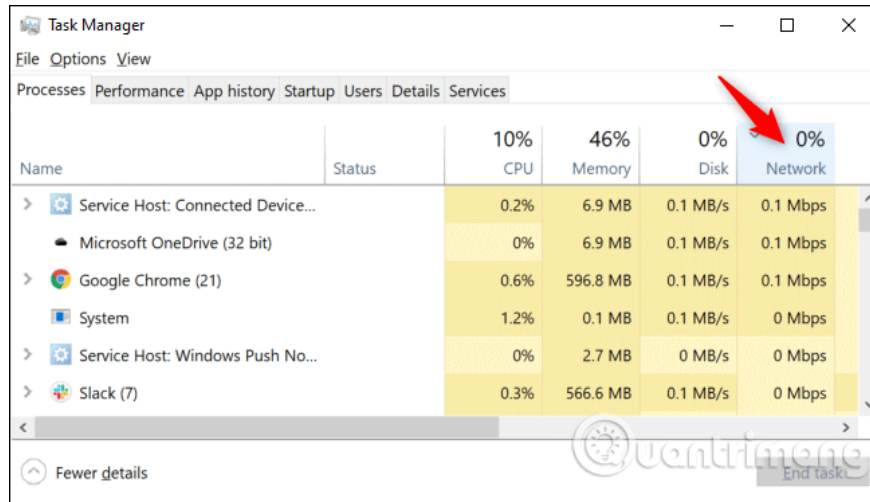
To open Task Manager, right-click the taskbar and select **Task Manager** or press `Ctrl + Shift + Esc`.



In the list of processes, click **Network** to sort the list of processes according to network usage. From this list, you will see applications that are using the network along with the bandwidth they are consuming.

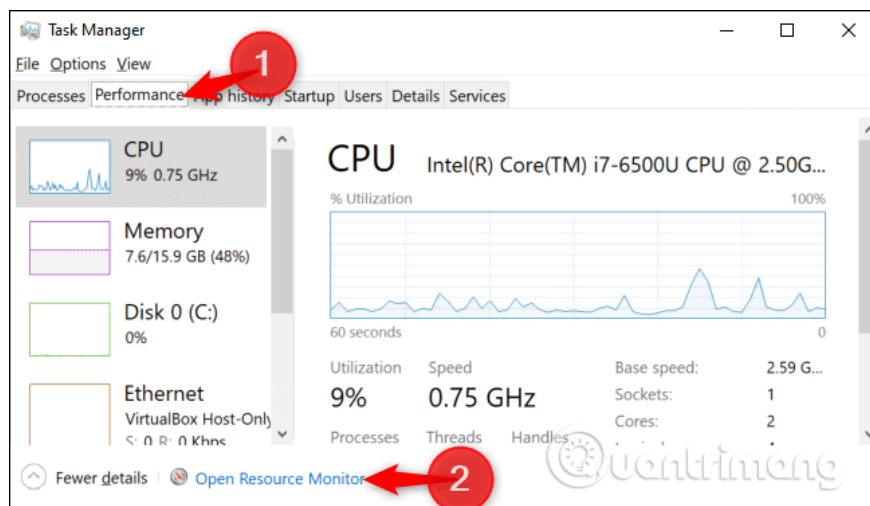
If you don't see the Network, you need to click on **More Details** first.

Technically, this list is not complete, because if a process does not use a lot of network resources, Windows will round down to 0 Mbps (Megabit / sec). This is just a quick way to see which process is using a significant amount of bandwidth.



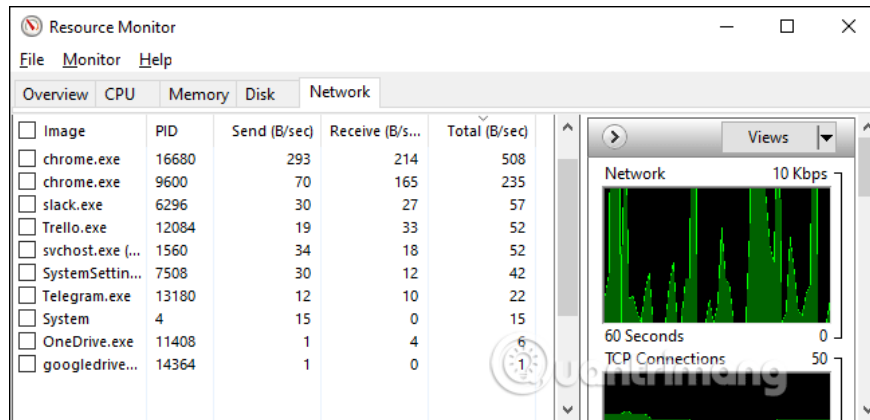
Use the Resource Monitor to see details of network usage

To get more detailed information, you should use the Resource Monitor application. You can launch it by searching the Resource Monitor in the Start menu or clicking the **Performance** tab in Task Manager, then clicking the **Open Resource Monitor** at the bottom of the window.



Click on the **Network** tab to see a list of processes that are downloading or uploading data over the network. You can also see the amount of data they're transmitting in bytes per second.

This way, you can also see processes that use a small amount of network bandwidth that is not displayed in Task Manager.

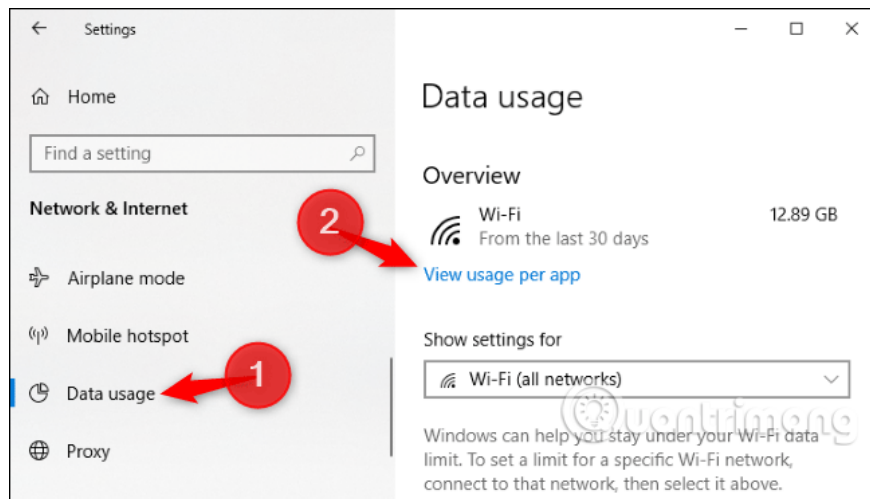


With both lists in the Task Manager and Resource Monitor, you can right-click an application and select **Search Online** to find more information about that process.

See network data usage over the past 30 days

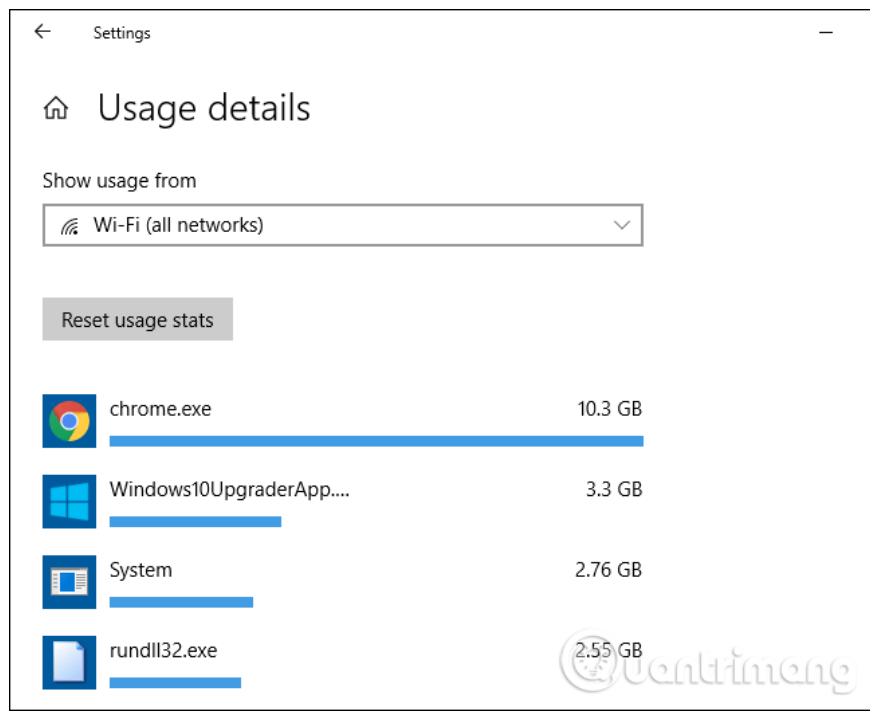
Windows 10 keeps a list of applications that use the network and their usage in the past 30 days.

To find this information, go to **Settings > Network & Internet > Data Usage**, click on **View usage per app** at the top of the window. You can press **Win + I** to open the **Settings** application.



From here, you can scroll down and view applications that have used the network in the past 30 days.

If you are using a Wifi network, you will see applications that use the existing Wifi network or a list of applications that use the network on all connected Wi-Fi networks. Select the network you want to view from the **Show usage from** box.



You will see that the culprit consumes the most network data at the top of the list. Below the list are applications that rarely connect to the Internet and do not use much data.

I wish you all success!

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