

# Instructions for undervolt reducing CPU temperature

The more work you do on your computer, the hotter your CPU (processor), especially when playing games or editing heavy videos. Your CPU is more susceptible to heat when the ventilation system is poor or the thermal glue on the chip is worn out. However, there is a process that can help you reduce processor temperatures called 'undervolting'.

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1. Where is the laptop hot?

This process is an effective way to reduce computer heat using software. This article will use Throttlestop to cool the CPU.

**Note** : If you are unaware of the health situation of the CPU, you can read the article How to check the computer's CPU temperature ?.

## What is the Undervolting process?

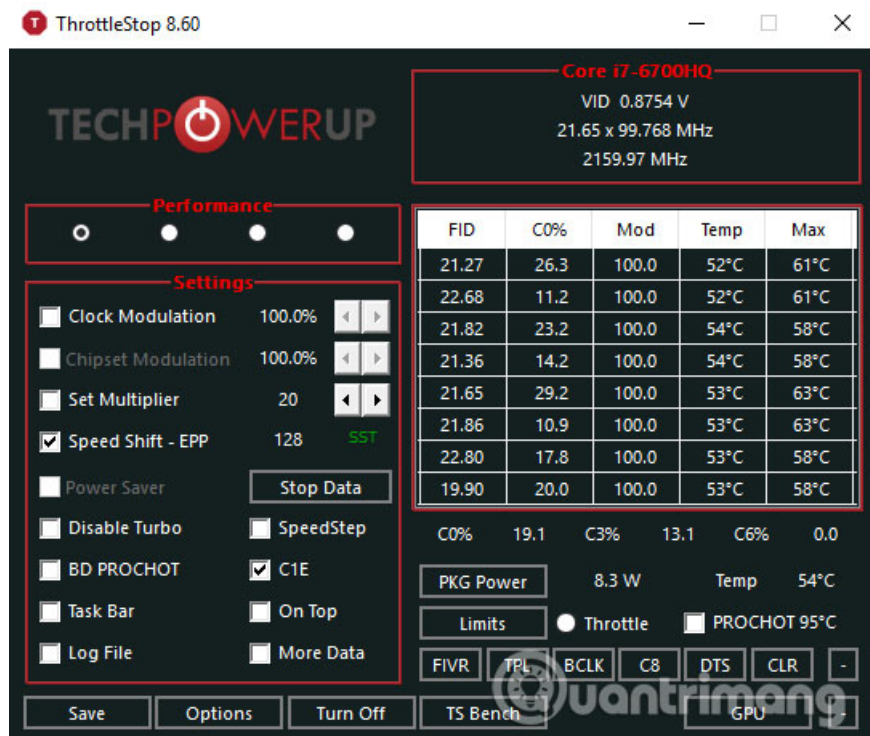
Before going into specific instructions, we need to know something about this process. Although undervolting does not damage the CPU, performing too much can cause the system to be unstable (although this process can be reversed easily). On the other hand, overvolting can damage the CPU if it is misused, but if used carefully, you can overclock the CPU to a higher speed.

Simple undervolting reduces power / voltage directly to the CPU. The more power on the CPU, the higher the temperature; and vice versa, the less electricity, the lower the temperature. Another possibility of undervolting is that it can extend the laptop's battery life. And undervolting does not affect performance even if you perform intense activities like gaming.

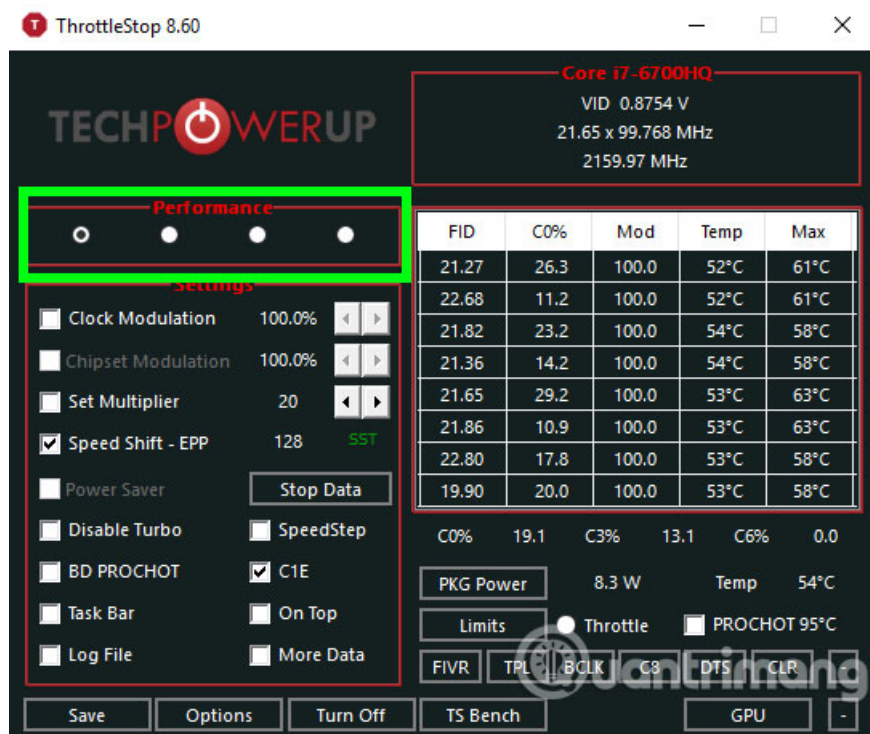
1. 10 'tricks' improve gaming performance on laptops

## Undervolt CPU using Throttlestop

First, download and install Throttlestop, then open it.

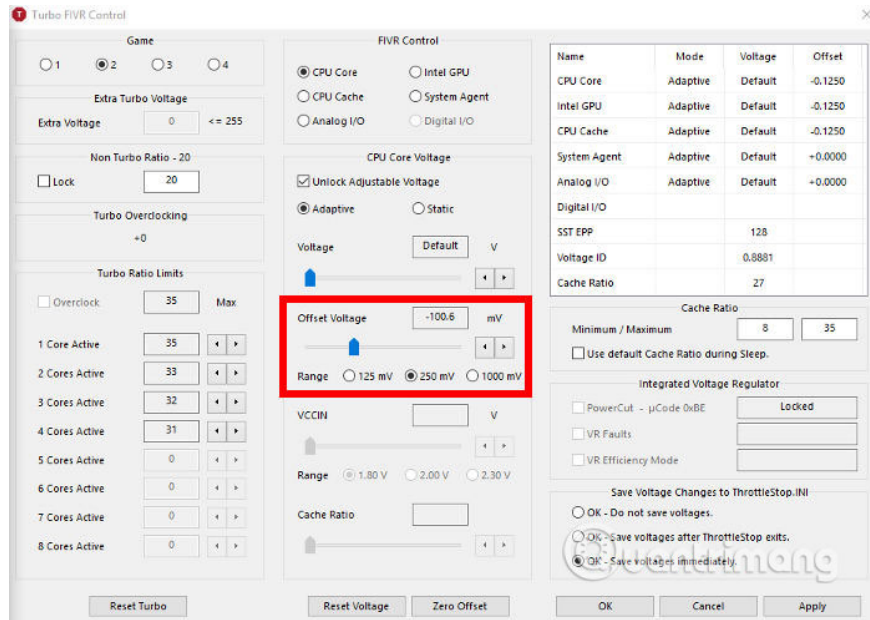


You will see a series of numbers and options that can distract you, but ignore these numbers, you just need to care about the 4 top left buttons. These buttons will help you change different profiles, each profile will have its own undervolt settings. You can create different profiles like 'Game' to use when playing games or 'Performance' if you want.

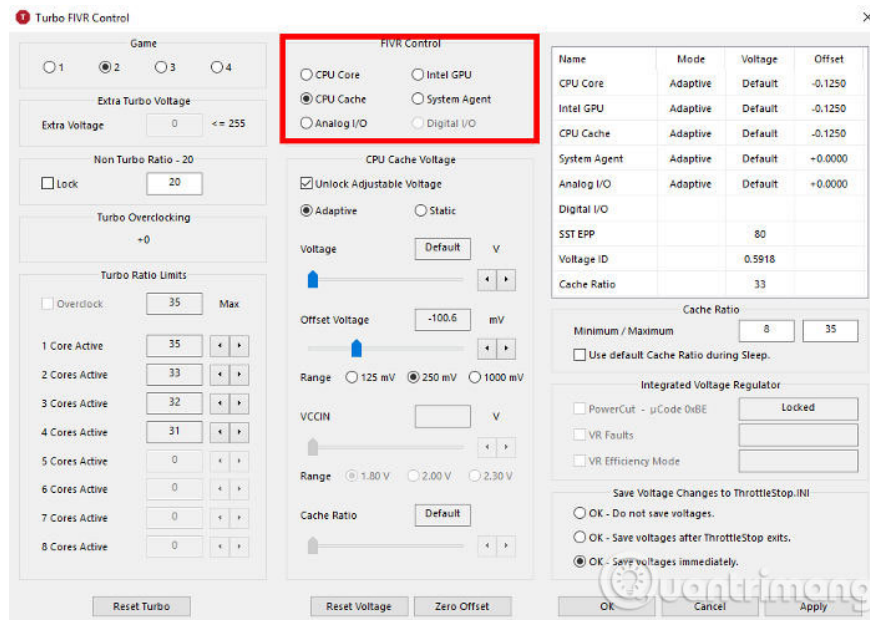


So, with the selected profile, click on the **FIVR** button in Throttlestop. In the new window click on the **Unlock Adjustable Voltage** box . Next, reduce the **Offset Voltage** slider, in the **Undervolting** section. You should

reduce it to -100mV.



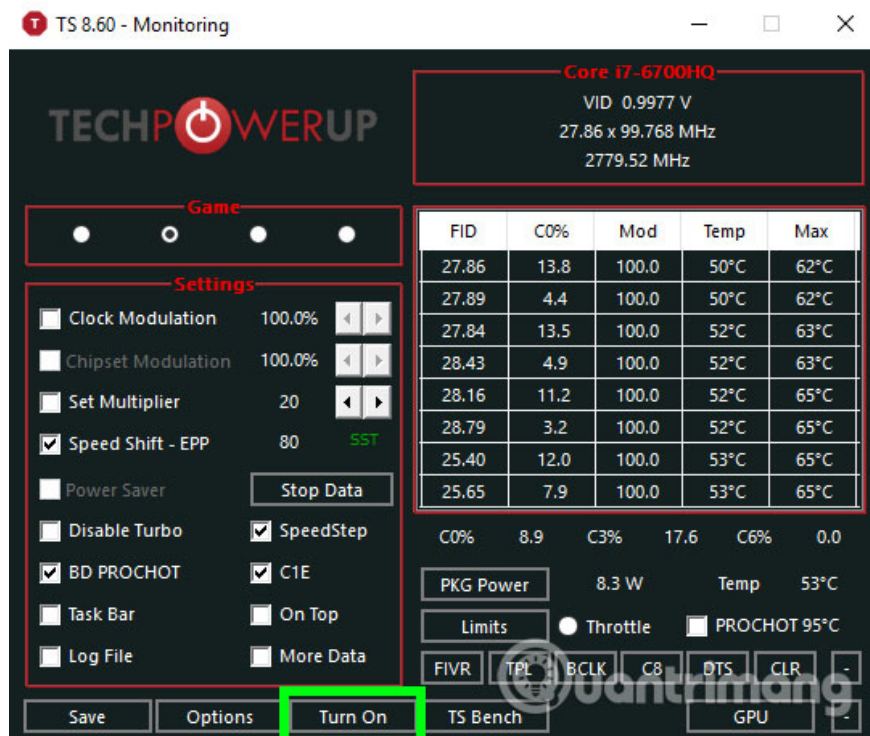
Then, click on " CPU Cache " in the " FIVR Control " section, and set it to the same voltage level. It is important that CPU Core and CPU Cache always have the same Voltage Offset level.



Once you have completed the steps above, click on ' Apply ' and continue to monitor system stability and CPU temperature. You can monitor CPU temperature from Throttlestop's main window.

If your system remains stable (no blue screen appears), you can continue to reduce CPU Cache and Core CPU voltage to -10mV to continue reducing CPU temperature. If you reach a point where the system crashes, restart the computer, open Throttlestop and return to the previous Offset Voltage level, when the system is still stable.

For different CPUs, the applied voltage level is not the same. You need to experiment to find your CPU limit. Once you've made the adjustments, click ' **OK** ' in the FIVR control panel, then select ' **Turn On** ' in the main Throttlestop window.



If you do not want to open Throttlestop manually every time you want to undervolt the CPU, you can set it to open when you start Windows. You can refer to the article [How to program start up with the system ?](#).

By using this method, many people reduce the CPU temperature when playing games from nearly 90 ° C to 70-75 ° C. This is more effective when you adjust the temperature from within Windows. However, if you still have problems, you can use the new thermal paste for the CPU or clean the computer, refer to the [Cleanup](#) article: [How to help the computer "life" more](#).

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