Simple changes can fix noisy and overheating laptops.

If your laptop fan is making unusually loud, rattling noises and overheating, here are some solutions to completely resolve this annoying problem for your laptop.

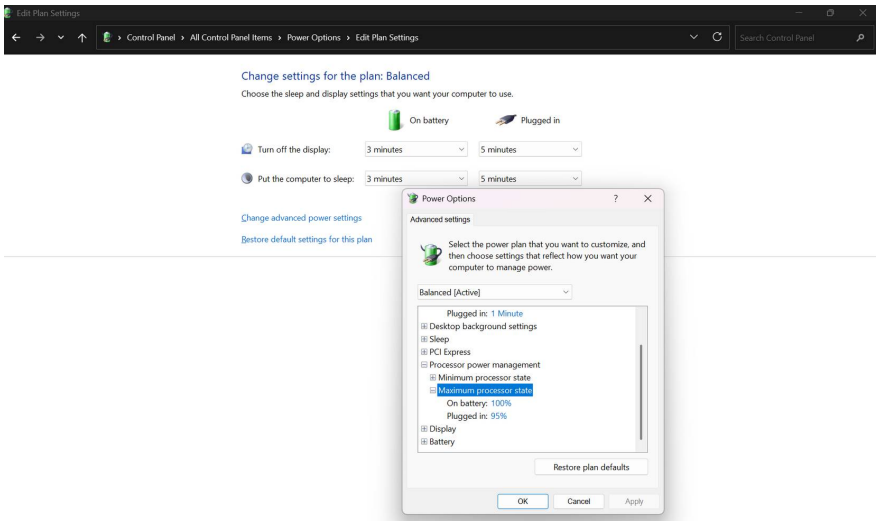
For weeks, many people's laptops were making noises like an airplane about to take off. The cooling fans blared even during simple tasks like typing or browsing the web. Worse still, the computers overheated to an uncomfortable level, making them reluctant to pick them up or use them. They tried all the basic things, like updating drivers, checking for dust, limiting background processes, and improving airflow. Some methods helped, but everyone was still dealing with a noisy and overheating laptop.

After checking the usual things, a simple power setting in Windows fixed the problem. Ultimately, the user resolved the overheating issue on their laptop without any expensive software, hardware upgrades, or risky tweaks.

1. Is it a problem if my laptop charger gets hot?
2. What causes laptops to overheat?
3. Will applying skins or decals cause a laptop to overheat?

A simple change fixed the overheating laptop issue.

Maximum processing state limit



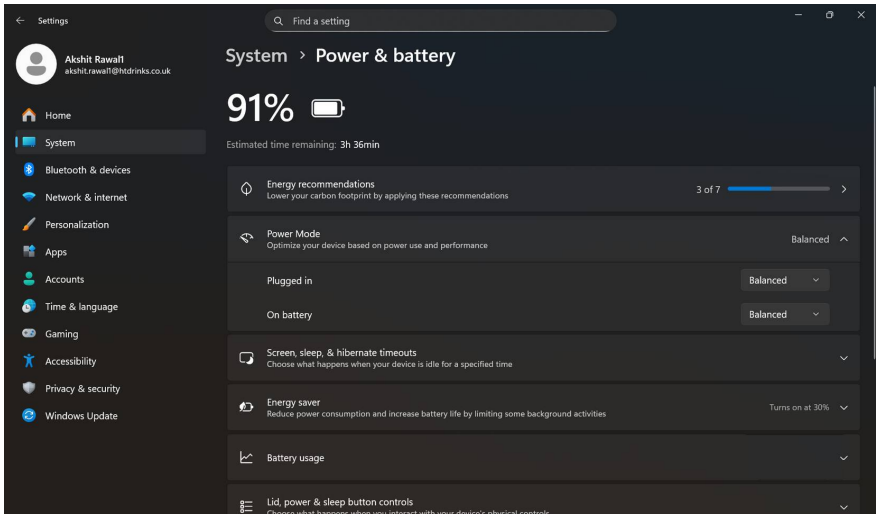
While exploring and experimenting with different settings on my Windows laptop, limiting the maximum processing state made a huge difference. This is a power management setting in Windows that controls the highest performance level the CPU can achieve. By default, it's usually set at 100%. That sounds great in theory. But in practice, it means the processor will run at maximum speed, using more power even for basic tasks. As a result, it generates more heat, triggering the cooling fans. If you're only doing light or non-intensive tasks, most of your daily tasks don't even require the CPU to run at maximum speed.

Reducing the maximum processing state to around 99% can significantly reduce heat dissipation without causing any noticeable lag in everyday performance. Additionally, it disables Intel's powerful Turbo Boost feature, resulting in lower temperatures, lower power consumption, and less fan noise. When running on battery power, limit the maximum processing state to 95%. While it does reduce performance, you'll barely notice, or only see a very small difference, in everyday tasks.

After making this change, the fan stops spinning noisily, the annoying noise disappears, and your laptop will run cooler.

A further refinement will help to improve it even more.

Switch to Balanced power mode.



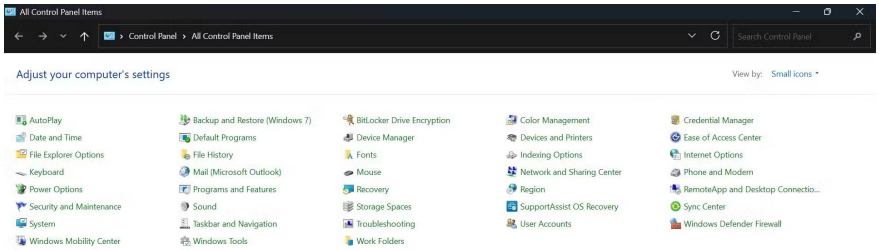
The processor limit alone makes a big difference, but many people decide to make one more simple adjustment: switching Windows Power Mode to Balanced. Most users want to get the best possible performance from their powerful Windows PC. So, setting the power mode to 'Best Performance' sounds like the right choice. However, this mode also locks the CPU at a higher clock speed. This provides maximum performance for demanding tasks like video editing, gaming, and 3D rendering.

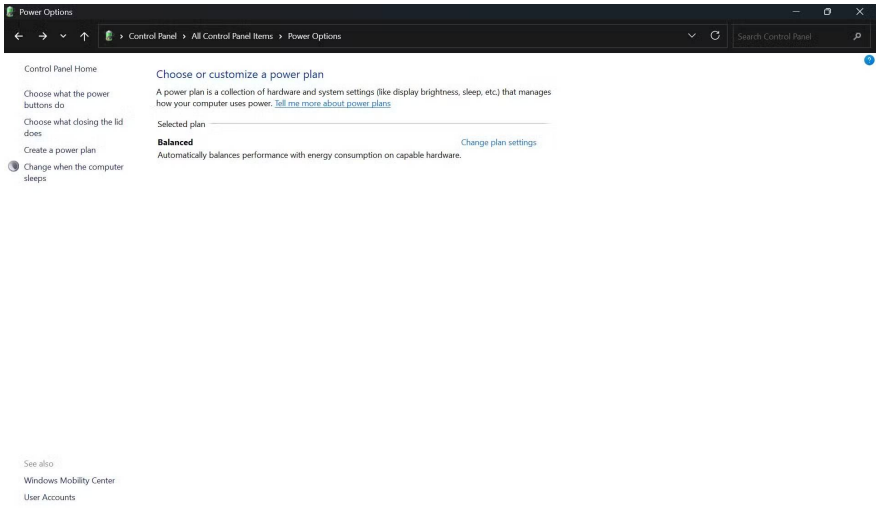
However, Best Performance mode also consumes more power, generates more heat, makes more noise from the fans, and reduces battery life. This compromise is reasonable if you're passionate about competitive gaming, professional video editing, or other tasks that require lightning-fast responsiveness.

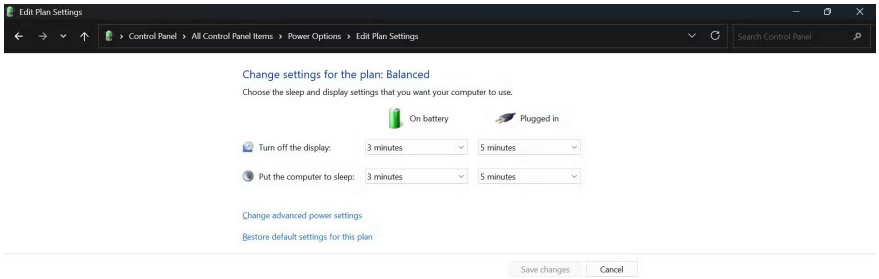
If you use your laptop for web browsing, office work, or light gaming, Balanced mode is a smarter choice. This mode allows the CPU to speed up processing of demanding tasks while slowing down when idle. This will generate less heat and noise, and maximize your laptop's battery life.

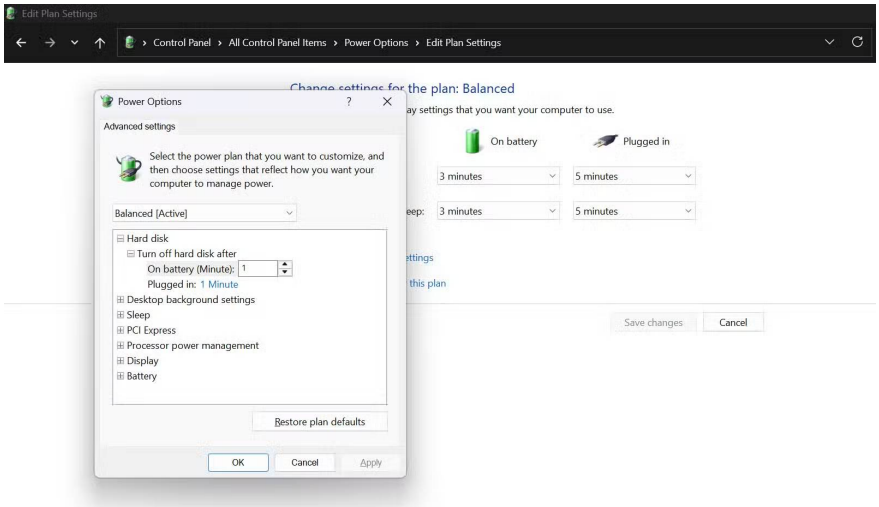
How can this be done in less than 5 minutes?

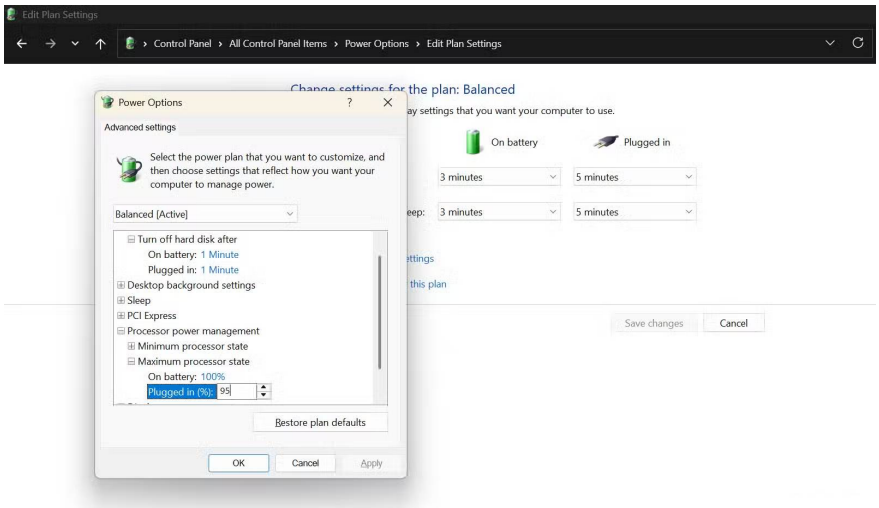
It's very simple and quick!

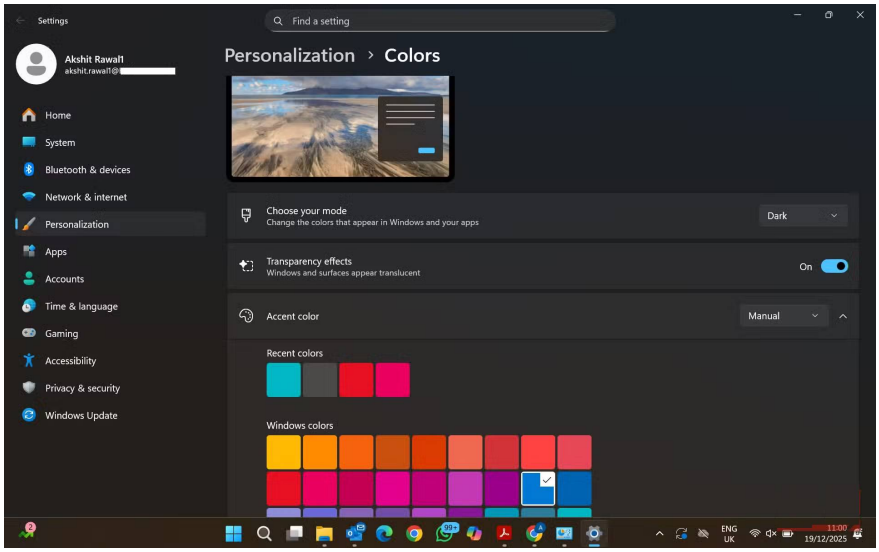


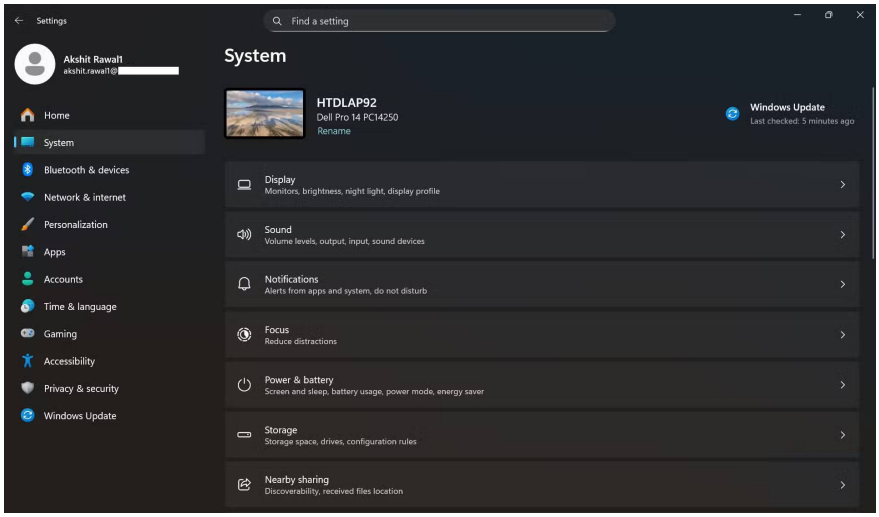


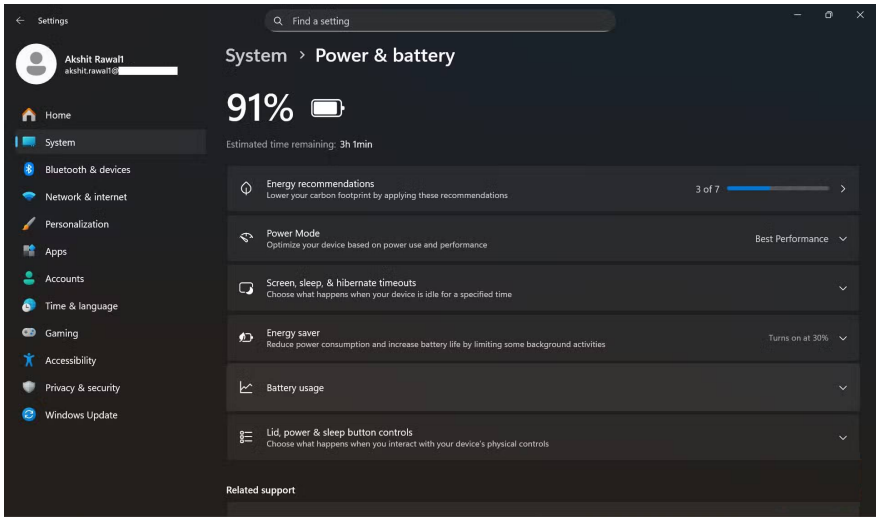

Edit Plan Settings
Control Panel › All Control Panel Items › Power Options › Edit Plan Settings
Search Control Panel
Change settings for the plan: Balanced
Choose the sleep and display settings that you want your computer to use.
On battery
Plugged in
Turn off the display:
3 minutes
5 minutes
Put the computer to sleep:
3 minutes
5 minutes
Change advanced power settings
Restore default settings for this plan
Save changes
Cancel

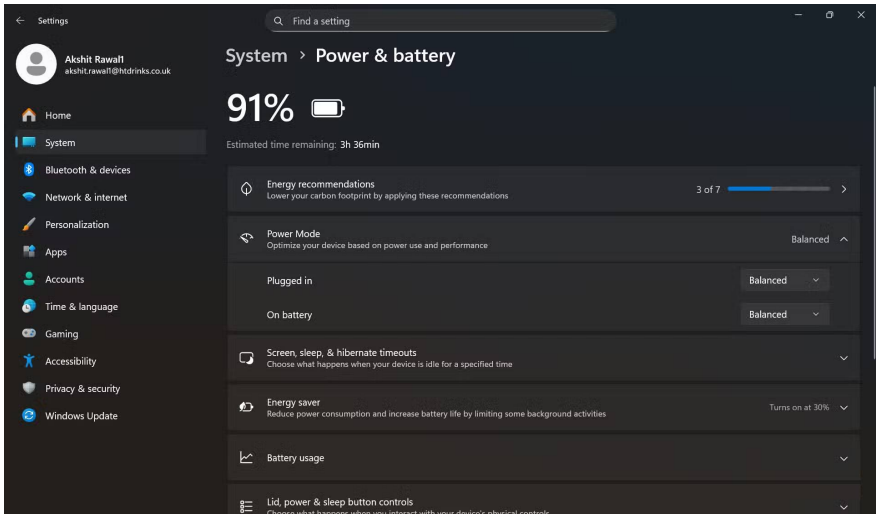

Edit Plan Settings
Control Panel › All Control Panel Items › Power Options › Edit Plan Settings
Power Options
Advanced settings
Select the power plan that you want to customize, and then choose settings that reflect how you want your computer to manage power.
Balanced [Active]
Hard disk
Turn off hard disk after
On battery (Minute): 1
Plugged in: 1 Minute
Desktop background settings
Sleep
PCI Express
Processor power management
Display
Battery
Restore plan defaults
OK
Cancel
Apply
On battery
Plugged in
3 minutes
5 minutes
Save changes
Cancel


Edit Plan Settings
Control Panel › All Control Panel Items › Power Options › Edit Plan Settings
Power Options
Advanced settings
Select the power plan that you want to customize, and then choose settings that reflect how you want your computer to manage power.
Balanced [Active]
Turn off hard disk after
On battery: 1 Minute
Plugged in: 1 Minute
Desktop background settings
Sleep
PCI Express
Processor power management
Minimum processor state
Maximum processor state
On battery: 100%
Plugged in (%): 95
Restore plan defaults
OK
Cancel
Apply
On battery
Plugged in
3 minutes
5 minutes
Save changes
Cancel


Settings
Find a setting
Akshit Rawal1
Personalization › Colors
Home
System
Bluetooth & devices
Network & internet
Personalization
Apps
Accounts
Time & language
Gaming
Accessibility
Privacy & security
Windows Update
Choose your mode
Change the colors that appear in Windows and your apps
Dark
Transparency effects
Windows and surfaces appear translucent
On
Accent color
Manual
Recent colors
Windows colors


Settings
Find a setting
Akshit Rawal1
System
HTDLAP92
Dell Pro 14 PC14250
Rename
Windows Update
Last checked: 5 minutes ago
Display
Monitors, brightness, night light, display profile
Sound
Volume levels, output, input, sound devices
Notifications
Alerts from apps and system, do not disturb
Focus
Reduce distractions
Power & battery
Screen and sleep, battery usage, power mode, energy saver
Storage
Storage space, drives, configuration rules
Nearby sharing
Discoverability, received files location


Settings
Find a setting
Akshit Rawal1
System › Power & battery
91%
Estimated time remaining: 3h 1min
Energy recommendations
Lower your carbon footprint by applying these recommendations
3 of 7
Power Mode
Optimize your device based on power use and performance
Best Performance
Screen, sleep, & hibernate timeouts
Choose what happens when your device is idle for a specified time
Energy saver
Reduce power consumption and increase battery life by limiting some background activities
Turns on at 30%
Battery usage
Lid, power & sleep button controls
Choose what happens when you interact with your device's physical controls
Related support



The best thing about making these changes is that you don't need any third-party tools or technical expertise. All you need to do is make some simple changes in Windows' built-in settings.

Here's how to limit the maximum processor state on a Windows laptop:

1. Open the Control Panel on your computer.
2. Access the **Power Options** section .
3. Next to the active power plan, click **Change Plan Settings** .
4. Click on **Change advanced power settings** .
5. Now, expand **the Processor power management** option .
6. Expand **the Maximum Processor State** option .
7. When plugged in, you can select a maximum processor usage of 100%. However, when using battery power, you can choose a level between 90% and 95% for cooler operation.
8. Click **Apply** and then press **OK** to save the changes.

After completing that step, the next step is to switch to Balanced power mode. Here's how:

1. Open Settings and navigate to the **System** section .
2. Click on **Power & Battery** .
3. Select **the Power menu** and click on **Balanced** .

And that's it! You can always revert to the old settings if needed.

A quieter, cooler laptop with a simple solution.

Sometimes the simplest changes make the biggest difference. For a long time, people blamed their laptops for annoying noise and high temperatures, despite their powerful configurations. But it turns out, Windows, by default, was overusing CPU performance. By changing the maximum processor state and switching to Balanced power mode, you'll finally have a quieter, cooler laptop without compromising performance.

If your laptop is making jet-engine noises or overheating during use, this is one of the simplest and safest solutions you can try. In just a few minutes, you can completely transform your laptop experience.

See more:

1. Guide to cleaning your laptop keyboard yourself.
2. Have you applied thermal paste correctly?
3. 13 ways to protect your laptop that everyone needs to know.
4. How to make a super simple mini desktop cooling fan.
5. How can I tell if my laptop battery is worn out or about to fail?

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