

# slow laptop computer so how to fix it

The most effective way to fix a slow laptop is to clean up junk files, close background applications, and upgrade to an SSD hard drive.

The causes of lag are often due to overloaded RAM, a full hard drive, or a malware infection that consumes system resources. Regular software optimization and hardware cleaning help the device run smoothly and stably like new. Below are 10 detailed tips for quickly and easily speeding up your laptop.

## What are the reasons why laptops run slowly and lag?

Laptops can become slow due to outdated hardware, overloaded RAM, or background applications consuming resources. Malware infections and full hard drives are also common causes of lag.

There are many reasons why laptops become slow and laggy after a period of use. Here are some common causes:

1. **Inadequate hardware performance** : Some laptops have low or outdated configurations. Therefore, they cannot meet the requirements of current applications and operating systems.
2. **Too many background applications** : Background programs and processes can consume system resources and reduce laptop performance.
3. **Hard drive overload** : A full or fragmented hard drive can slow down data access.



1. **System and operating system issues:** Errors in the system and operating system can cause laptops to run slowly.

2. **Virus and malware infections** : Virus and malware intrusions slow down and destabilize the system.
3. **Installing incompatible operating system updates** : Some operating system updates can cause errors and slow down your laptop.

## What are the effects of a slow and laggy laptop?

This situation reduces performance and shortens the lifespan of hardware components. Lag and stuttering are frustrating and frequently disrupt the user experience.

When a laptop becomes slow and laggy after a period of use, users may encounter the following problems:

1. **Reduced work efficiency** : A slow laptop reduces work efficiency and increases the response time of applications and tasks.
2. **Interrupted experience** : Lag causes interruptions, distractions, and a frustrating experience when using a laptop.



1. **Reduced laptop lifespan** : Slow performance and frequent malfunctions in laptop operation can wear down the hardware and shorten its lifespan.
2. **Reduced multitasking capability** : Slow laptops struggle to handle multiple tasks simultaneously, decreasing user productivity.

## How to effectively fix and resolve slow and laggy laptop performance.

You should clean up junk files, close background applications, and upgrade to an SSD hard drive. These solutions will help your computer run more stably and handle multitasking faster.

To avoid impacting work and study performance, and to help your computer stay healthy and run more reliably, here are some ways to troubleshoot and speed up your laptop's performance to fix slow performance issues:

**Regularly clean up and delete unnecessary files.**

Cleaning up and deleting unnecessary files helps free up storage space. It also helps improve laptop performance. This is the quickest way to fix a slow laptop after a period of use. You can delete temporary files and files you no longer use by:

1. Open File Explorer and browse to folders such as Downloads, Documents, and Recycle Bin.



1. Delete unnecessary files, temporary files, and old files.
2. Use a system cleanup tool like 'Disk Cleanup' on Windows to remove junk files.

### **Use a cooling fan to reduce the machine's temperature.**

When a laptop overheats after prolonged use, it can reduce performance and slow down the machine. You can fix slow laptop performance and long data loading times by using a cooling fan:

1. Place the laptop on a flat surface and ensure the cooling fan is working properly.

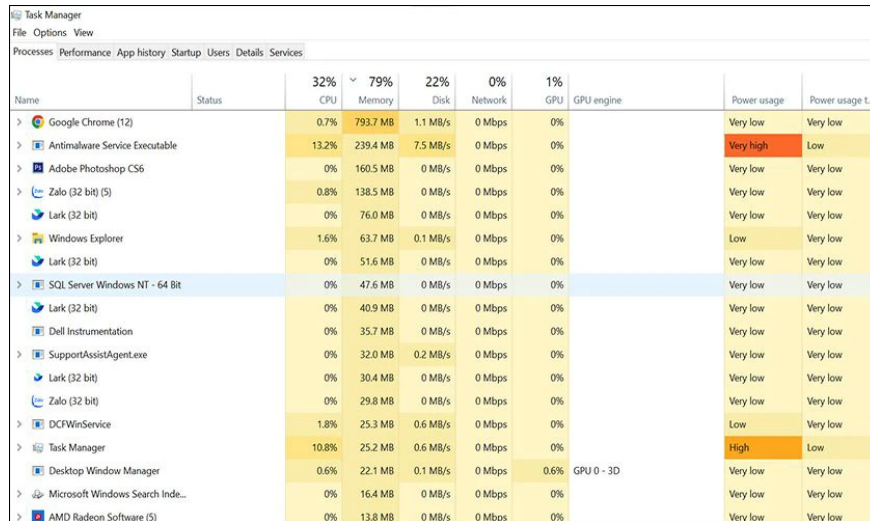


1. Use an external cooling fan or attach a cooling fan to your laptop if necessary.
2. Regularly inspect and clean your cooling fans to remove dust and ensure good airflow.

## Close background programs and applications to speed up your laptop.

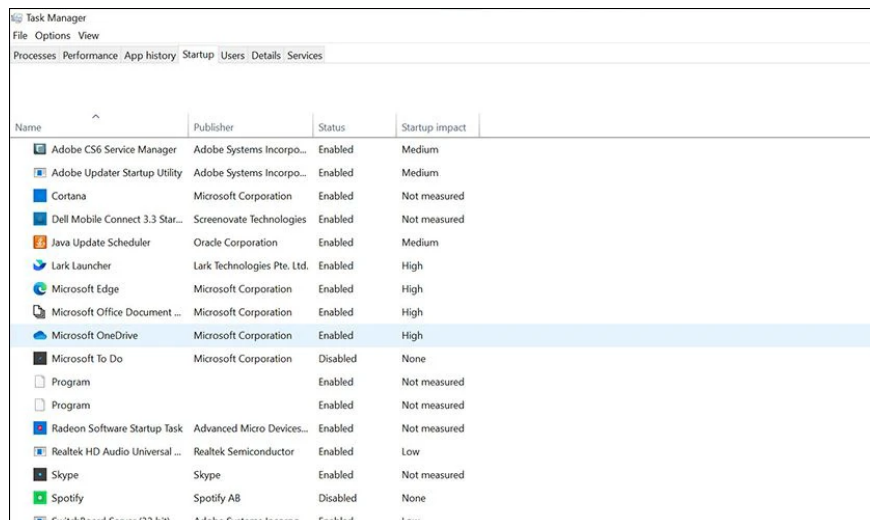
Disable unnecessary programs and applications to free up system resources. Background applications can overload the CPU and memory, reducing laptop performance. Follow these steps to fix a slow laptop after a period of use:

1. **Step 1:** Press the **Ctrl + Shift + Esc** key combination to open Task Manager.
2. **Step 2:** Switch to the **Processes** tab and close any unnecessary processes.



Name	Status	32% CPU	79% Memory	22% Disk	0% Network	1% GPU	GPU engine	Power usage	Power usage L...
Google Chrome (12)		0.7%	793.7 MB	1.1 MB/s	0 Mbps	0%		Very low	Very low
Antimalware Service Executable		13.2%	239.4 MB	7.5 MB/s	0 Mbps	0%		Very high	Low
Adobe Photoshop CS6		0%	160.5 MB	0 MB/s	0 Mbps	0%		Very low	Very low
Zalo (32 bit) (5)		0.8%	138.5 MB	0 MB/s	0 Mbps	0%		Very low	Very low
Lark (32 bit)		0%	76.0 MB	0 MB/s	0 Mbps	0%		Very low	Very low
Windows Explorer		1.6%	63.7 MB	0.1 MB/s	0 Mbps	0%		Low	Very low
Lark (32 bit)		0%	51.6 MB	0 MB/s	0 Mbps	0%		Very low	Very low
SQL Server Windows NT - 64 Bit		0%	47.6 MB	0 MB/s	0 Mbps	0%		Very low	Very low
Lark (32 bit)		0%	40.9 MB	0 MB/s	0 Mbps	0%		Very low	Very low
Dell Instrumentation		0%	35.7 MB	0 MB/s	0 Mbps	0%		Very low	Very low
SupportAssistAgent.exe		0%	32.0 MB	0.2 MB/s	0 Mbps	0%		Very low	Very low
Lark (32 bit)		0%	30.4 MB	0 MB/s	0 Mbps	0%		Very low	Very low
Zalo (32 bit)		0%	29.8 MB	0 MB/s	0 Mbps	0%		Very low	Very low
DCFWinService		1.8%	25.3 MB	0.6 MB/s	0 Mbps	0%		Low	Very low
Task Manager		10.8%	25.2 MB	0.6 MB/s	0 Mbps	0%		High	Low
Desktop Window Manager		0.6%	22.1 MB	0.1 MB/s	0 Mbps	0.6%	GPU 0 - 3D	Very low	Very low
Microsoft Windows Search Inde...		0%	16.4 MB	0 MB/s	0 Mbps	0%		Very low	Very low
AMD Radeon Software (5)		0%	13.8 MB	0 MB/s	0 Mbps	0%		Very low	Very low

1. **Step 3:** Check the **Startup** tab in Task Manager. Then, disable any unnecessary applications from starting with Windows.



Name	Publisher	Status	Startup impact
Adobe CS6 Service Manager	Adobe Systems Incorpo...	Enabled	Medium
Adobe Updater Startup Utility	Adobe Systems Incorpo...	Enabled	Medium
Cortana	Microsoft Corporation	Enabled	Not measured
Dell Mobile Connect 3.3 Star...	Screenovate Technologies	Enabled	Not measured
Java Update Scheduler	Oracle Corporation	Enabled	Medium
Lark Launcher	Lark Technologies Pte. Ltd.	Enabled	High
Microsoft Edge	Microsoft Corporation	Enabled	High
Microsoft Office Document ...	Microsoft Corporation	Enabled	High
Microsoft OneDrive	Microsoft Corporation	Enabled	High
Microsoft To Do	Microsoft Corporation	Disabled	None
Program		Enabled	Not measured
Program		Enabled	Not measured
Radeon Software Startup Task	Advanced Micro Devices...	Enabled	Not measured
Realtek HD Audio Universal ...	Realtek Semiconductor	Enabled	Low
Skype	Skype	Enabled	Not measured
Spotify	Spotify AB	Disabled	None
SwitchBoard Server (32 bit)	Adobe Systems Incorpo...	Enabled	Low

By utilizing these methods, you can speed up your laptop and enjoy maximum performance.

## Fix a slow laptop by disabling Power Save mode.

Power Save mode is a setting that helps save energy on laptops. However, it can also affect computer performance, reducing speed and the ability to perform more demanding tasks. Turning off Power Save mode

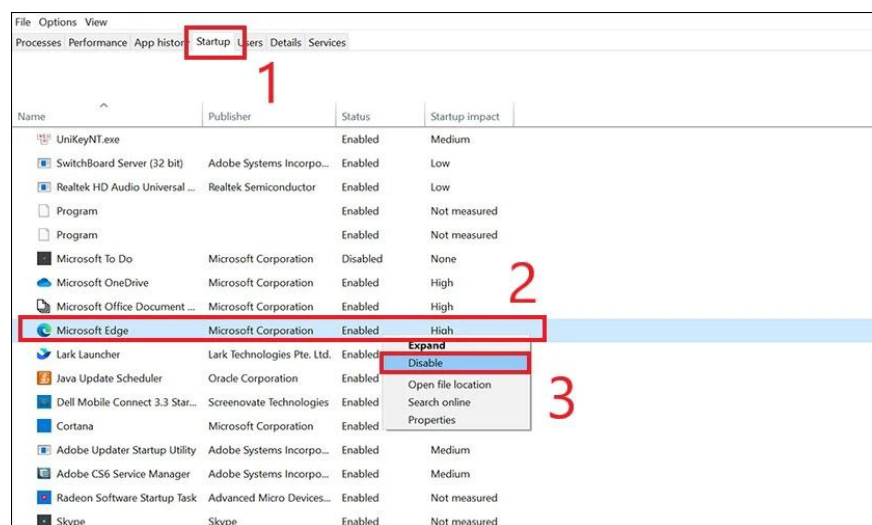
can fix slow and laggy laptop performance issues by:

1. Access **the Settings** on your laptop.
2. Find and open **Power & Sleep options** .
3. Ensure the operating mode is set to **Balanced** or **Custom** , not **Power Saver** mode .

## Fix a slow laptop by disabling programs that start with Windows.

Programs and applications that start with Windows can slow down your laptop's boot process. Therefore, disabling unnecessary programs will improve boot speed and overall laptop performance.

1. **Step 1:** Press the **Ctrl + Shift + Esc** key combination to open Task Manager.
2. **Step 2:** Go to the **Startup** tab . Right-click on the application or software you want to disable. Then select **Disable** . That's it.

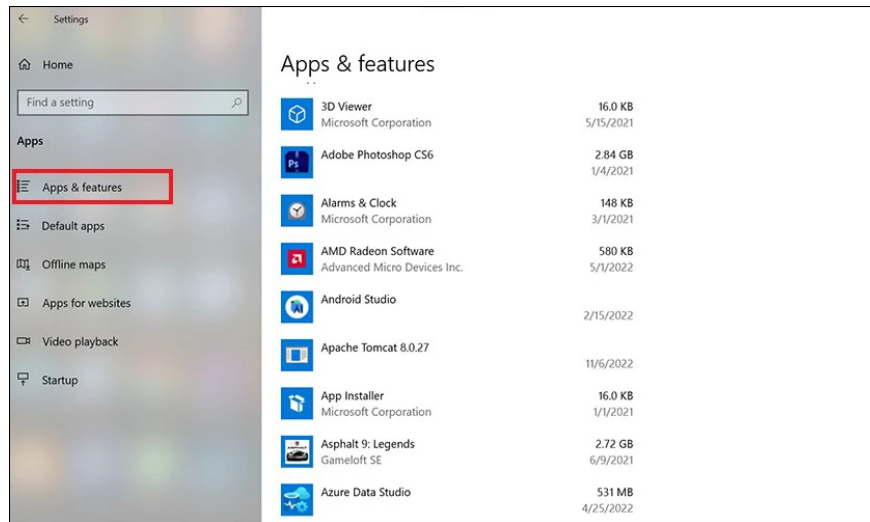


That completes the process of preventing applications from starting simultaneously with Windows.

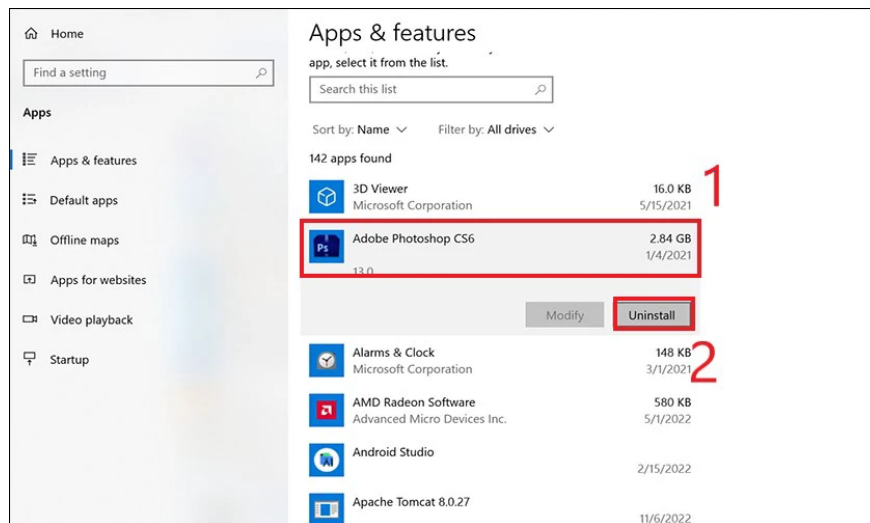
## Uninstall unused software and applications if your laptop is running slowly.

Removing unused software and applications frees up laptop storage space. Instead, we can focus performance on using essential applications.

1. Open **Settings** on your laptop.
2. Select **Apps** & features and view a list of installed software.



1. Remove unnecessary or unused software and applications by clicking the **Uninstall** button .



After clicking Uninstall, remember to click Confirm to ensure the uninstallation is completed quickly.

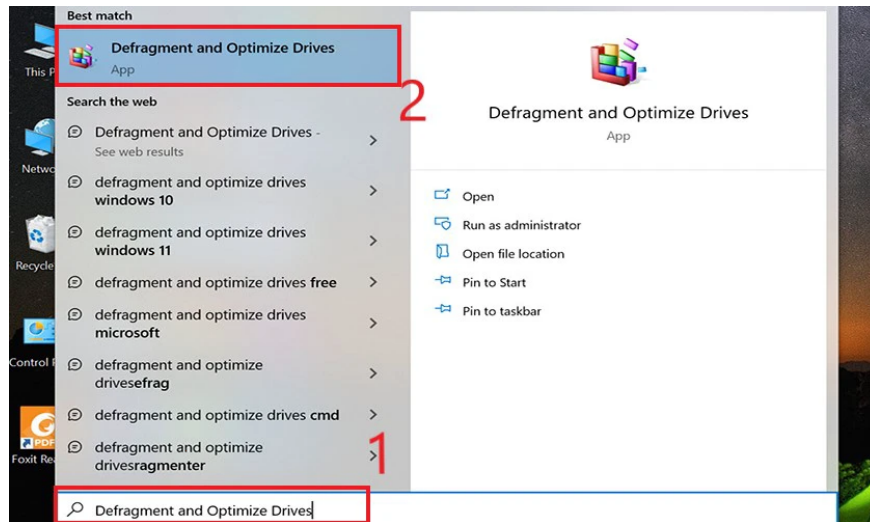
## Perform hard drive defragmentation regularly to improve laptop performance.

Hard drive fragmentation can reduce laptop performance. Using a hard drive defragmentation tool regularly will improve data access speed and laptop performance.

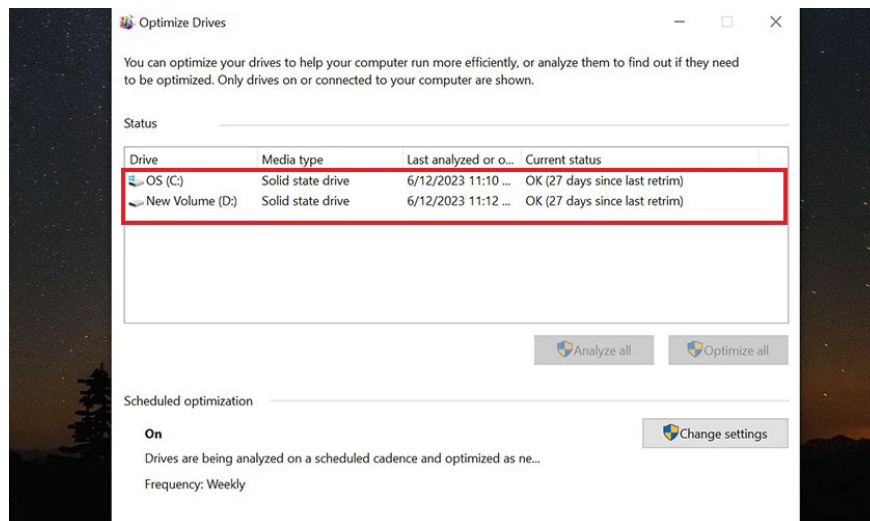
### On Windows

Use the **Defragment and Optimize Drives** tool to defragment your hard drive:

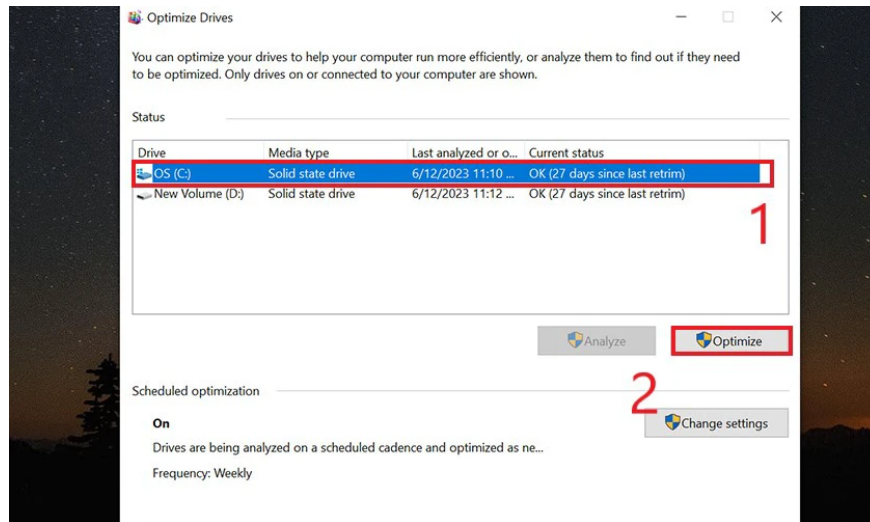
1. **Step 1 : Press the Windows + S key combination** to open the search bar. Then type **"Defragment and Optimize Drives"** and select the corresponding result.



1. **Step 2** : In the **Optimize Drives** window , you will see a list of available drives on your computer. Select the drive you want to defragment.



1. **Step 3** : Click the **Optimize** or **Analyze** button to begin the defragmentation process or check the fragmentation status of your drive. This process may take some time depending on the drive size and the level of fragmentation.

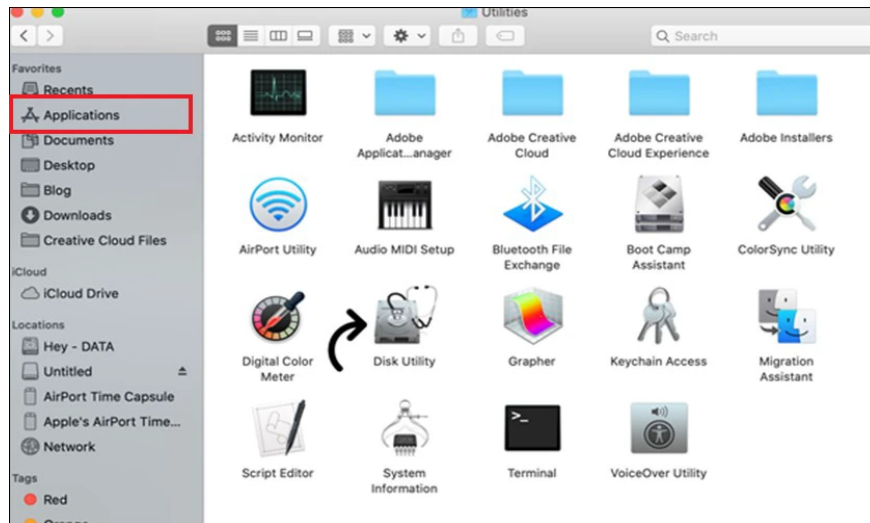


1. **Step 4** : After the process is complete, you can view information about the disk fragmentation status and perform defragmentation regularly to maintain good laptop performance.

## On macOS

Use **Disk Utility** to check and repair hard drive errors:

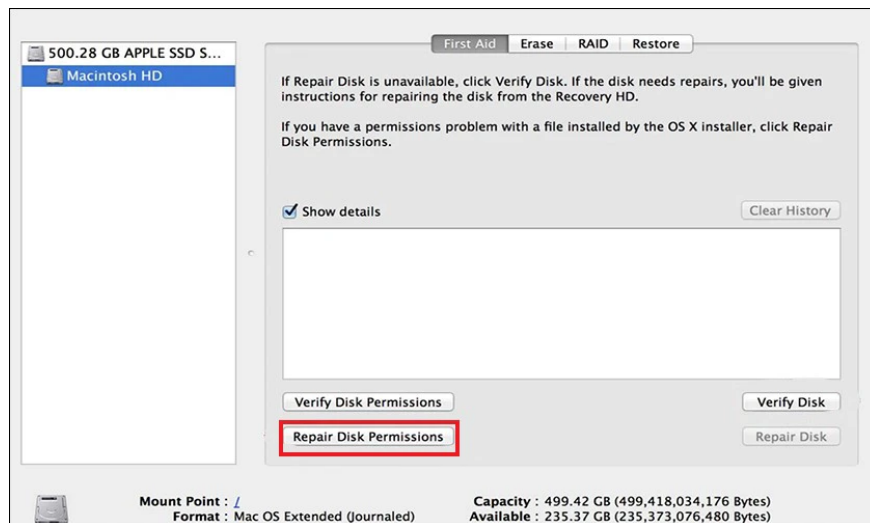
1. **Step 1** : Open Finder and select **Applications** from the left sidebar.



1. **Step 2** : In the Applications folder, find and open **Utilities** .
2. **Step 3** : In Utilities, select **Disk Utility** to open the tool.



1. **Step 4** : In Disk Utility, you will see a list of drives. Select the drive you want to check and defragment.
2. **Step 5** : Click the **Repair Disk Permissions** button to check and repair disk errors. This process will identify and fix errors that may be causing fragmentation.

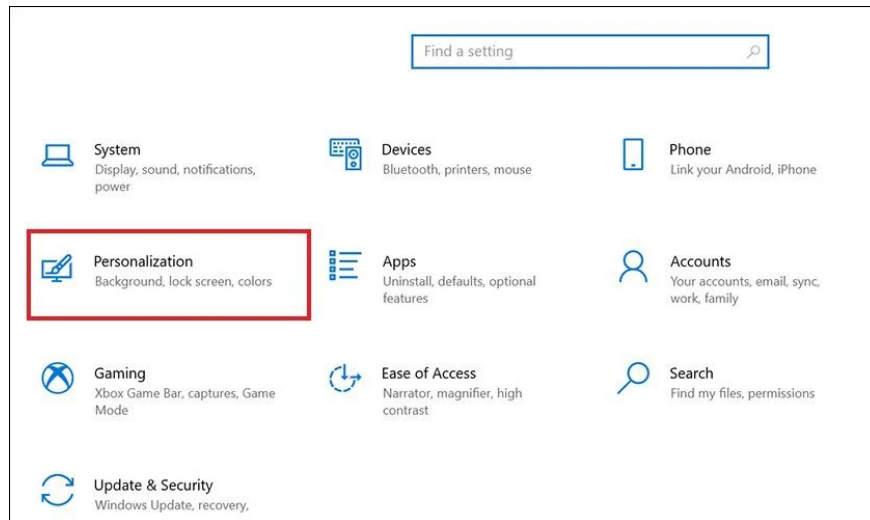


1. **Step 6** : After the checking and troubleshooting process is complete, you can close the Disk Utility window and perform regular disk defragmentation to maintain good laptop performance.

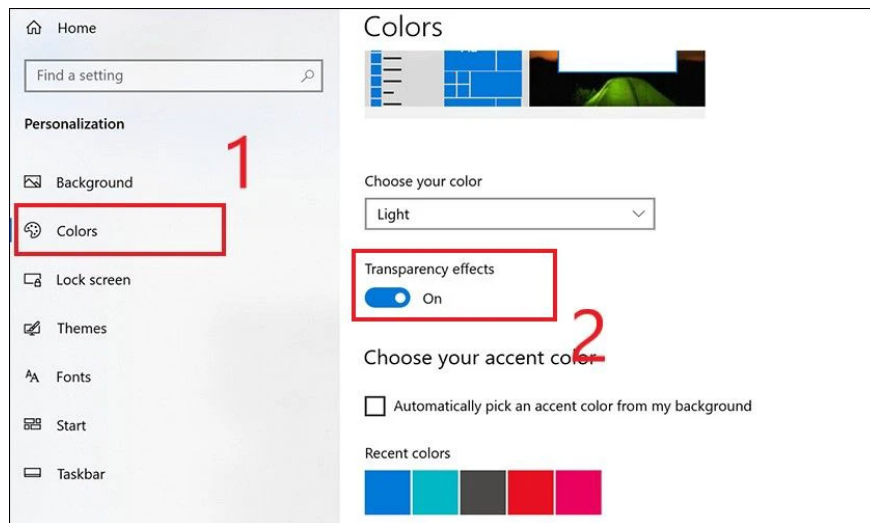
## Turn off graphic effects and transparent icons if your laptop is running slowly.

Turning off graphic effects and transparent icons will reduce the load on the GPU and speed up laptop performance.

1. Access **Settings** on your laptop and select **Personalization** .



1. Find and open **Colors** , then turn off the Transparency effects option .



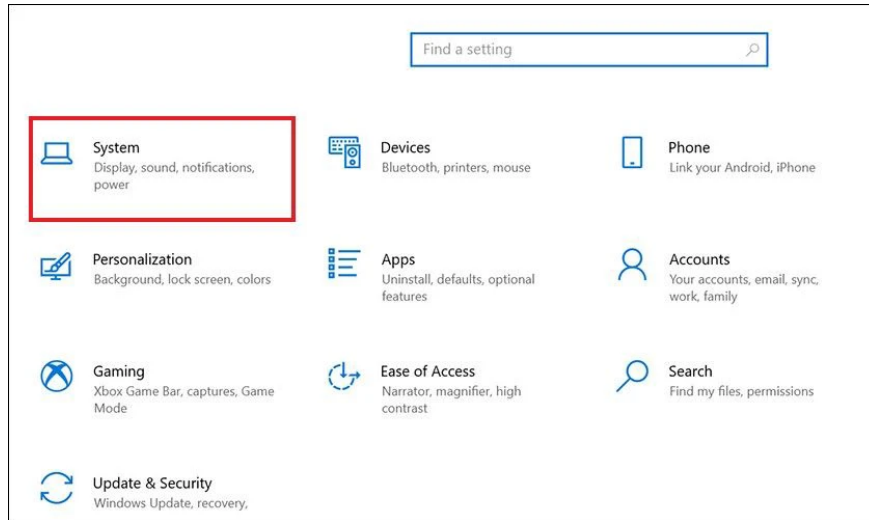
1. This will help turn off graphic effects such as transparency and motion effects.

## **Disable System Restore to speed up your laptop.**

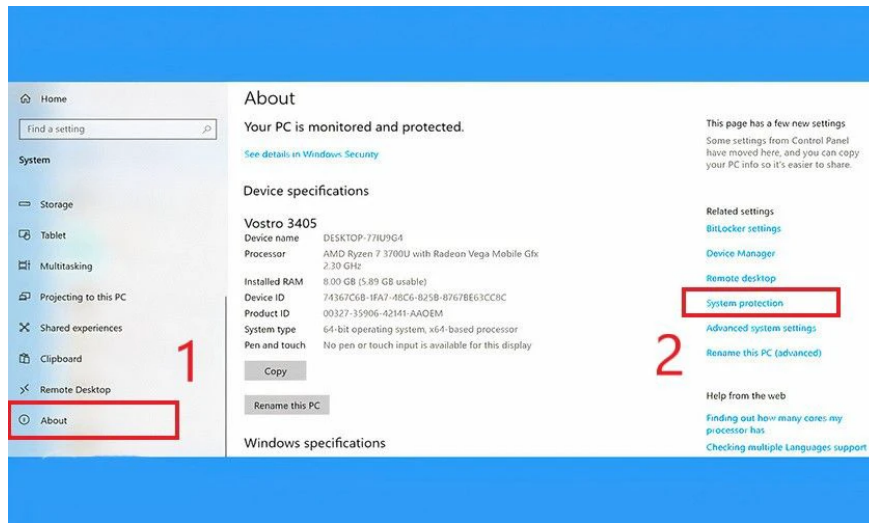
System Restore is a feature in Windows that restores the system to a previous point in time. However, this feature can consume system resources and reduce laptop performance.

Therefore, disabling System Restore will also speed up your laptop's performance:

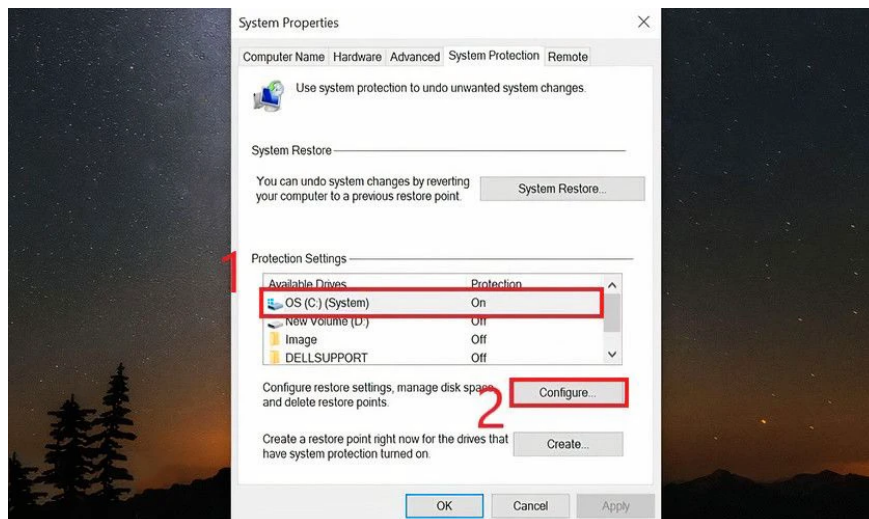
1. **Step 1: Press the Win + Pause/Break** key combination to open Settings and select **System** .



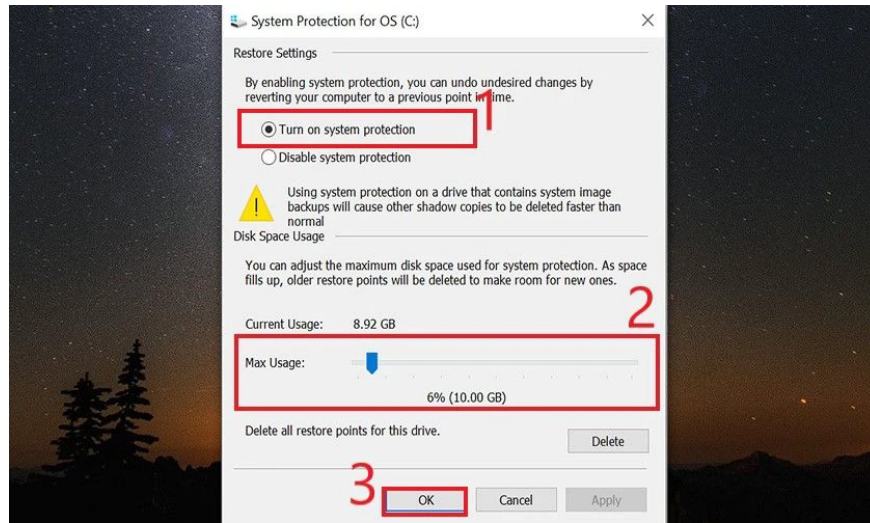
1. **Step 2:** Select **About** and then select **System Protection** .



1. **Step 3:** Select drive C: and click **Configure** .



1. **Step 4:** Select **Turn on system protection** and customize the disk space level, then click **OK**.



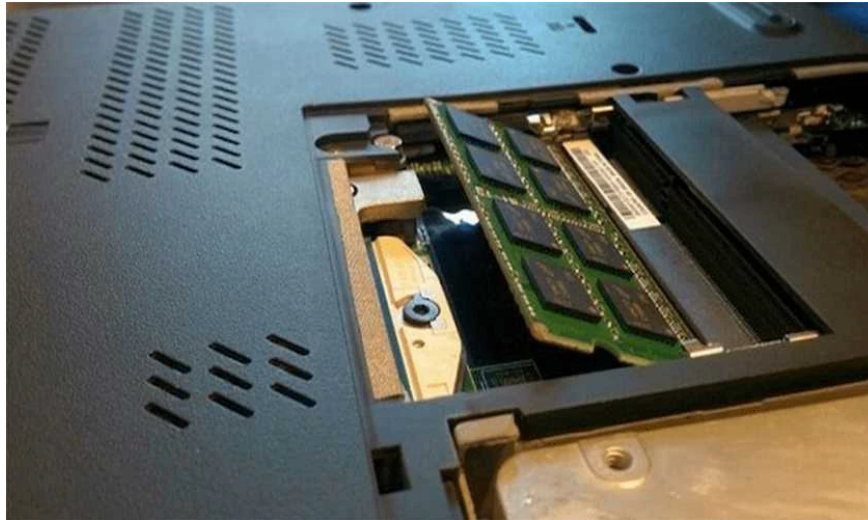
**Note:** You can only use this feature if it has been previously applied to the system drive (usually drive C).

## **Upgrade your hard drive and RAM if your laptop is running slowly.**

Upgrading your RAM can improve performance and speed up your laptop. RAM is where data for running tasks on your computer is temporarily stored. When a laptop is slow, one possible cause is insufficient RAM to handle simultaneous tasks.

However, if you want to upgrade your RAM, you need to pay attention to the following:

1. Before upgrading your RAM: check your laptop's specifications and upgrade support.
2. Determine the type and capacity of your current RAM: Check the information about the type and capacity of RAM currently being used on your laptop.
3. Understand RAM requirements for applications: Find out the minimum and recommended RAM requirements for the applications you are using.
4. Buying and replacing RAM:
  1. Buy RAM that meets your requirements and replace the old RAM with new RAM.
  2. Currently, RAM prices typically range from under 500,000 to 1,300,000 VND.



**Note :** Upgrading RAM may require opening your computer and may require expertise or assistance from a professional. Therefore, you should seek assistance from a reputable service provider like Dien Thoai Vui.

### **Upgrading to an SSD can reduce laptop slowdowns.**

If your laptop uses a traditional mechanical hard drive, upgrading to an SSD can provide faster performance. This is because SSDs have higher data access speeds and significantly faster boot times.

Therefore, upgrading to an SSD can significantly improve the speed and performance of your laptop. However, before upgrading, you need to:

1. Check if your laptop supports SSD upgrades.
2. Determine the size and interface of the current hard drive in your laptop.
3. Learn about the different types of SSDs and evaluate the options that best suit your needs.
4. Buy a suitable SSD and back up the data from your old hard drive.
5. Remove your old hard drive and install a new SSD in your laptop.
6. Reinstall the operating system and necessary applications onto the new SSD drive.



Currently, SSD hard drives typically range from 600,000 to over 2 million VND depending on capacity. Furthermore, upgrading requires consideration of various factors. Therefore, if you lack experience, you can visit Dien Thoai Vui for faster assistance.

## **Fix Registry errors to prevent your laptop from running slowly.**

The Registry (also known as the Registry Editor or Registry Database) is a crucial database in the Windows operating system. It contains information and configurations of the system, applications, and user settings. An error in the Registry can occur when the information in the database is corrupted, incorrect, or conflicting.

Errors in the Registry can affect the operation of the system and applications on a laptop. Some negative impacts may include:

1. **Slow or unstable:** Registry errors can cause the system to run slowly, be unstable, and lead to freezing, slow startup, or improper shutdown.
2. **Application errors:** A Registry error can cause an application to malfunction, resulting in errors, crashes, or failure to launch.

To fix errors in the Registry and resolve issues with slow laptop performance and long loading times, follow these steps:

1. **To open Registry Editor:** Press the Windows + R key combination, type **regedit** , and press Enter.
2. **Locate the error:** Use the directory structure in Registry Editor to navigate to the location containing the faulty information.
3. **Back up the Registry:** Before making any changes, right-click the folder or key you want to repair and select **Export** to back up the current Registry.
4. **Fixing the error:** Modify the faulty values in the Registry. Be sure to edit carefully and accurately to avoid causing further errors.
5. **Refresh the system:** Once the fix is complete, restart your computer to apply the changes to the Registry.

Note that fixing Registry errors requires basic system knowledge and skills. If you are not confident or familiar with editing the Registry, use a tool like **Registry Cleaner** to automatically scan and fix errors in the Registry. This tool simplifies the process and reduces the risk of damaging the system due to incorrect Registry corrections.

## **Regularly scan your computer for viruses.**

Computers infected with viruses and malware can reduce performance and slow down laptops. To prevent and fix this problem, you can take the following measures:

1. **Perform regular virus scans:**
  1. Install reliable antivirus software and regularly scan your entire system.
  2. Regularly update virus definitions to ensure your computer is protected from the latest threats.
1. **Minimize the risk of viruses and malware:** Avoid opening and downloading untrusted files to prevent viruses and malware.

## Regular computer cleaning can reduce laptop slowdowns.

Dust and debris can accumulate in the system, reducing cooling efficiency and slowing down your laptop. Perform regular computer cleaning by cleaning the surfaces, fans, and vents.

1. **Clean and sanitize the exterior surfaces of your laptop:** Turn off your computer and use a clean cloth and a small amount of alcohol-free cleaning solution to wipe down the exterior surfaces of your laptop.
2. **Clean the ventilation slots and other vents on your laptop:** Use an air gun or oil can to clean dust and debris from the ventilation slots and other vents on your laptop.



However, if you're not confident in cleaning your laptop yourself, you should take it to a reputable shop for cleaning and maintenance. Especially since Dien Thoai Vui is currently offering free laptop cleaning, so don't miss out!

## Update your laptop to the latest version of Windows or macOS.

After a period of use, laptops can become slow due to outdated operating systems that are no longer compatible with the programs currently running on the machine. Updating to the latest operating system version can provide bug fixes and improve performance.

To fix a slow laptop, make sure you have the latest patches and versions updated:

1. **Step 1:** Access **Settings** on your laptop.
2. **Step 2:** **Find and open the Settings** application on your laptop.
3. **Step 3:** Check for and install the latest patches and versions of the operating system:
  1. In Settings, find and select **Update & Security** .
  2. Check for available updates and install the latest patches and versions of your Windows or macOS operating system.
4. **Step 4:** Update regularly to take advantage of performance improvements and bug fixes:
  1. In Settings, select **Update & Security** .
  2. Configure automatic updates or check for and install updates periodically. Ensure you are always using the latest version of your operating system.

# Frequently Asked Questions about Slow Laptops

During laptop use, users often encounter situations that affect the computer's performance and speed. Below are some frequently asked questions:

## **Does upgrading to an SSD really fix a slow computer?**

Yes, replacing your hard drive with an SSD will make boot times and data access 5-10 times faster than with an HDD. This is the most effective way to revive sluggish older laptops.

## **Why is my computer still slow even after deleting files and cleaning up junk files?**

The overheating might be due to a corrupted operating system Registry or a dusty cooling fan. You should try reinstalling Windows or cleaning your hardware to completely resolve the issue.

## **How much RAM is enough to run a laptop smoothly these days?**

For basic office and academic tasks, a minimum of 8GB of RAM is recommended. If you do graphic design or gaming, consider upgrading to 16GB of RAM.

## **Does installing multiple antivirus programs make my computer faster?**

No, installing multiple antivirus programs at the same time causes conflicts and significantly slows down your computer. You should only use one reputable and lightweight security software.

## **Does using a VPN make my laptop load slower?**

Using a VPN can slow down your laptop's loading speed. This is because VPNs route network traffic through remote servers, creating latency and reducing connection speeds.



However, speed depends on network speed, server location, and data load. To increase speed, choose a VPN server near your location or use a VPN service with stable speeds.

## Does using Windows 11 slow down a laptop?

Switching to Windows 11 may cause some performance changes on your laptop. Windows 11 has fairly high hardware requirements, so if your laptop doesn't meet them, you may experience slower performance.

## What if all the above methods have been tried but nothing works?

If you've tried all the speed-up tips for your laptop and they haven't worked, you might consider reinstalling Windows. This isn't too difficult, but for added assurance, you can consult a **reputable laptop repair** service for faster Windows installation assistance.

## Conclude

Fixing a **slow** and laggy laptop after a period of use isn't complicated. With these 10 effective speed-up tips, you'll resolve the issue and get your laptop running like new again. Save this article to apply these tips quickly and experience the difference!

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