The simplest way to check your computer's operating temperature.

When using a computer for demanding tasks for extended periods, you'll inevitably experience performance drops and lag. One of the causes of this is overheating of computer components. To remedy this, you should regularly check your computer's temperature while it's running to allow it time to cool down and maintain stable performance.

When you use a computer, its components operate and convert electrical energy into heat energy while processing the information you want. This heat needs to be dissipated to prevent overheating, which can affect the computer's performance. Some computers have software that allows you **to check the computer's operating temperature** . However, if your computer doesn't have this software, you can follow these instructions.

How to check your computer's operating temperature.

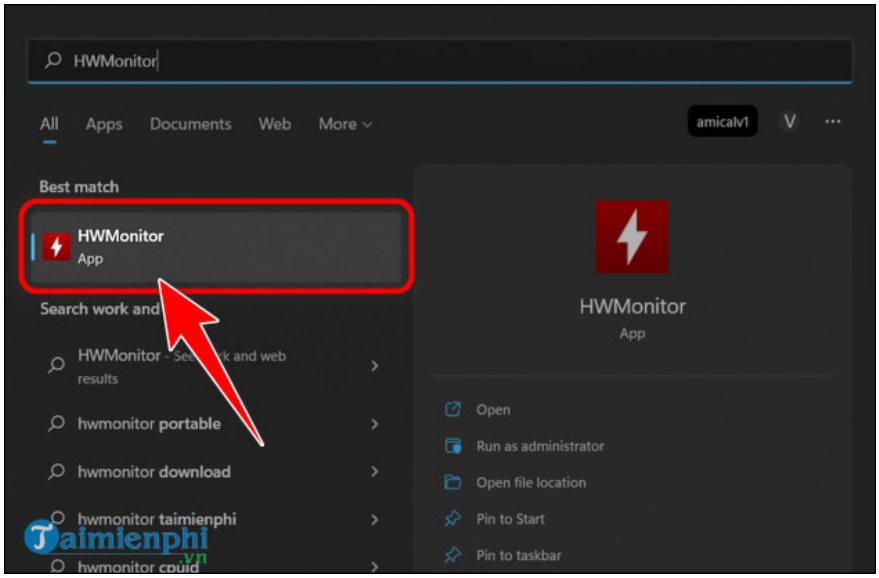
I. The harmful effects of letting your computer overheat

- When a computer overheats beyond acceptable limits, its lifespan is reduced.
- The computer or laptop may freeze suddenly, restart automatically, or display a blue screen, and in more serious cases, internal components may burn out, although this is rare.
- Performance decreases when using other software.
- Sometimes, excessive heat can lead to a blue or black screen error, which can result in significant repair or replacement costs.

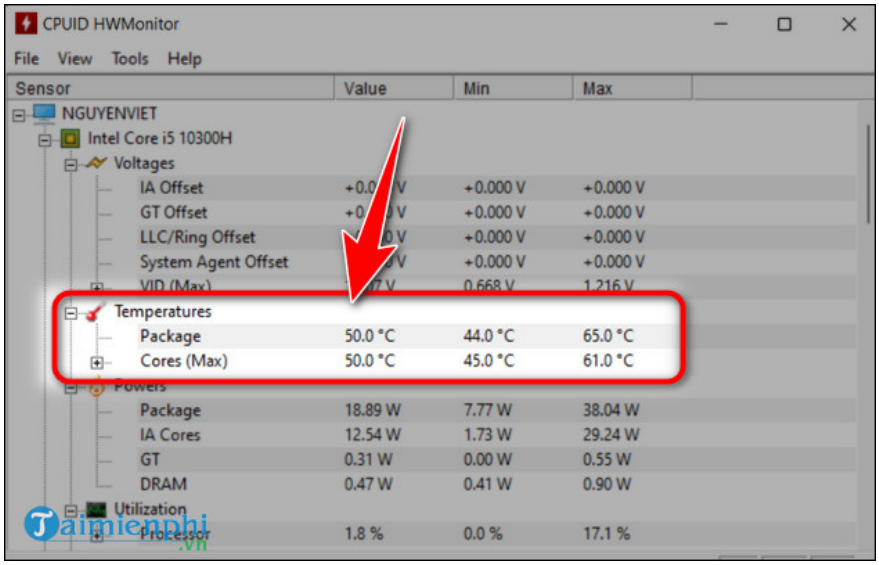
II. Instructions on checking computer temperature using CPUZ

III. Instructions for checking computer temperature while running using HWMonitor

Step 1: Download and install the latest version of **HWMonitor**
. - Download **HWMonitor** here.
Step 2: Open the **HWMonitor** software .



Step 3: In **the main interface** , pay attention to the **Temperatures** section . This section will allow you to monitor the temperature of each component in the computer. For example, the image below shows the **CPU** temperature .



IV. Things to do after checking your computer's temperature

- For CPUs, the optimal operating temperature is between 50-70 degrees Celsius. Therefore, if you find the temperature above 70 degrees Celsius, you should apply thermal paste to prevent damage.

- The hard drive temperature should be below 50 degrees Celsius. The graphics card temperature should be between 70 and 80 degrees Celsius. If you notice these components getting too hot, you should regularly clean them or install additional cooling fans to help lower the temperature more quickly.

- Here are some tips to help keep your computer at a stable temperature:
+ Place your computer and CPU in a well-ventilated area, avoiding places with excessively high temperatures and humidity.
+ Regularly clean your computer and internal components.
+ Apply thermal paste to your CPU regularly.
+ Use a water cooling fan.
+ Turn off your computer when not in use.
+ Avoid overclocking your CPU.
+ Use the Power Options feature.
+ Close background processes using Task Manager.
+ Avoid using your computer for heavy tasks for extended periods.

Temperature is always the biggest enemy of electronic devices. Therefore, to use them stably and for a long time, you should regularly pay attention to and monitor the temperature of your device to quickly take timely corrective measures. You should also regularly check the condition of **your computer's hardware with CPU-Z** to ensure the most stable and smooth working process.