

# What CPU temperature is normal? How to stabilize CPU

What CPU temperature is normal? How to keep CPU temperature stable? Let's find out with TipsMake.

CPU temperature is a very important index that helps users monitor and evaluate computer performance. If the CPU temperature is too high, it can lead to reduced computer performance or harm other parts of the computer. The article below TipsMake will provide you with information about what CPU temperature is normal and how to keep CPU temperature stable.

## What CPU temperature is normal?

Keeping the CPU at a normal temperature helps the computer operate more efficiently and limits errors during use.

### CPU temperature when in normal state

CPU in normal state (Normal Temperature) is when we use a laptop or PC to perform daily tasks such as browsing the web, watching movies, playing simple games, etc. This is the normal temperature threshold. normal and within the allowable range of the supplier. However, there will be a slight difference between Intel CPUs and AMD CPUs. As follows:

1. **Intel chip CPU temperature in normal state:** The temperature of Intel CPU in normal state will range from 47-65 degrees Celsius. In case, users perform tasks that require a lot of resources Moreover, the CPU temperature can reach up to 80 degrees Celsius.
2. **AMD chip CPU temperature in normal state:** The temperature of AMD CPU in normal state will be slightly higher than that of Intel CPU. Temperature levels range from 49-68 degrees Celsius.

Picture 1 of What CPU temperature is normal? How to stabilize CPU

## What is the maximum CPU temperature?

Extremely high CPU temperatures can reduce computer performance and hinder user experience.

### CPU temperature at maximum state

CPU in maximum state (Max Temperature) is when you let the CPU operate continuously at 100% capacity without stopping. Usually this is the temperature threshold of the CPU when users play games continuously or render videos for long periods of time. To avoid causing damage to other components, users should maintain the

CPU temperature threshold within the supplier's recommended range.

1. **Intel chip CPU temperature at maximum state:** Normally, Intel chip CPU temperature at maximum state will range from 66-90 degrees Celsius.
2. **AMD chip CPU temperature at maximum state:** AMD chip CPU temperature at maximum operation will range from 68-92 degrees Celsius.

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## What causes CPU temperature to be unstable?

There are many reasons leading to high and unstable CPU temperatures. Below are the most common causes.

### Not cleaning leads to dirt

This is one of the most common causes of CPU and GPU overheating. Dirt that accumulates over time will form a 'shield' that prevents air from circulating into the computer case through the cooling fan system and gaps. This limits the computer's ability to dissipate heat and causes the CPU temperature to get higher and higher.

Picture 3 of What CPU temperature is normal? How to stabilize CPU

### Ineffective wiring

Many users when building their own PC at home, they often pay little attention to wiring. However, in reality, ineffective wiring can be one of the causes that significantly affects the computer's heat dissipation ability.

For example, if you place the cables of the motherboard, PSU, VGA, etc. in heatsink locations and block the heat escape of other components, it will easily cause the device to overheat quickly and damage the components inside. To fix this error, before assembling, users should calculate carefully to help the wiring process be reasonable.

Picture 4 of What CPU temperature is normal? How to stabilize CPU

### Outside temperature

Excessive external environmental temperature is also one of the causes of unstable laptop CPU temperature. To cool down the CPU, users can turn on the air conditioner or take the laptop to places with cooler temperatures. Or you can equip your computer with a new radiator to help increase the machine's ability to dissipate heat.

Picture 5 of What CPU temperature is normal? How to stabilize CPU

### The device's battery

Laptop batteries become worn out after a long period of use, plus the quality of the included charger deteriorates after many years of operation. This causes the temperature of the laptop CPU to overheat, leading to inefficient

operation.

Picture 6 of What CPU temperature is normal? How to stabilize CPU

## How to reduce CPU temperature

What CPU temperature is okay? In case you notice that the CPU temperature when playing games or watching movies regularly exceeds the safe level, users need to take timely intervention measures to help reduce the CPU temperature. Such as:

1. Equipped with an additional heatsink for the laptop. You should prioritize choosing a type with many fan blades and must match the design of the computer. This will help the laptop always maintain a stable temperature while operating.
2. Regularly clean your computer to help remove dust and dirt from the device and increase the device's ability to dissipate heat.
3. Apply more thermal paste.
4. Bring your laptop to a reputable maintenance center to clean it periodically.
5. Install an additional fan system or cooler inside the laptop to limit overheating.

Picture 7 of What CPU temperature is normal? How to stabilize CPU

## The software supports checking CPU temperature

To check CPU temperature quickly and accurately, users can use HWMonitor temperature checking software. Currently this software is being released with two versions: setup or portable, users can choose one of these two versions to use depending on their financial conditions and needs.

HWMonitor software download link: <https://www.cpuid.com/softwares/hwmonitor.html>

After downloading, click to open the software and the application will appear with the following interface:

Next, you observe the items from top to bottom, to see if the laptop's CPU temperature is within the safe threshold or not. Specifically: Voltages are the lowest and highest CPU voltages.

1. Temperatures is the current temperature level of the CPU calculated in two values: degrees Celsius and degrees Fahrenheit.
2. Powers is the power the CPU is using.
3. Clocks displays the clock level in each core.
4. Utilization shows the percentage of CPU being used.

Picture 8 of What CPU temperature is normal? How to stabilize CPU

## Optimal solutions to limit CPU temperatures

To avoid CPU overheating, users can apply the following solutions.

1. Clean your computer regularly at least every 6 months, especially the cooling fan, which is also the place where dust and dirt accumulate most easily.
2. Keep the computer in a cool, dry, dust-free place, especially keeping the computer away from windows or vents.
3. Regularly update new drivers to increase device performance.
4. Use reputable anti-virus software to protect your computer from malware.
5. Equip your computer with a water cooling system if the computer has to regularly work with heavy tasks.
6. Be careful when overclocking your computer.

Picture 9 of What CPU temperature is normal? How to stabilize CPU

## Epilogue

Above is TipsMake's answer to the question What is the normal temperature of a CPU. Hopefully, the sharing from the above article will help you choose the appropriate intervention method to keep the CPU temperature stable. This helps the computer operate smoother and more durable.

You finished reading the article "**What CPU temperature is normal? How to stabilize CPU**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.