

Why is My Computer Slowing Down?



If Slowdown was Sudden

Run your anti-virus and spyware software.
Be sure they are up-to-date. The bad guys are!

AVG is a good AV program, and free.

www.free.grisoft.com

AdAware is a good spyware program.

www.lavasoft.com

Spybot Search and Destroy also.

www.spybot.com

If Slowdown was gradual, *We Look For:*

➤ 1. How much RAM?

256MB is minimum,

512MB OK

1GB or more is Great!

Hint: let www.crucial.com run a scan

Best speed improvement for any computer is

MORE RAM!

Reduce Number of Icons

- **Delete seldom used and duplicate icons.**

Icons in the right hand corner of taskbar load programs every time your computer is turned on!

Hint: learn to use Start/Run/msconfig to remove un-needed icons.

Reduce Programs on HD

- Go to: Start/Control Panel/Add & Remove Programs
- Uninstall those programs that you have not used and don't want anymore!
- Did you hear your Hard Drive sigh??

Clean up and Defragment HD

- Use CCleaner to delete temp files, dup.files, leftover registry files. www.ccleaner.com
- Check for the need to defragment the HD.
Go to: Start/My Computer/Rt. Click C:/
Properties/Tools (tab)/Defragmentation
Click on Analyze.

Hint: If you do not have at least 10% of your HD free, Defrag may not operate. Time to free up some HD space!

Finally.....

- If none of these steps helped,
- **Bring it down to the workshop on Friday!!**

