

# How to Speed Up a Slow Windows Computer

*Disabling Startup Programs*

## Introduction

Startup programs launch automatically every time you turn on your computer. Disabling unnecessary ones reduces the time it takes for your computer to become usable after booting up. These instructions explain how to speed up a slow Windows 10 computer by disabling unnecessary startup programs. The process takes approximately 5 minutes and does not require installing any software.

**Warning:** Do not disable startup programs you do not recognize without researching them first. Some programs are required for your computer to function properly, such as antivirus software or audio drivers.

## Instructions

### Step 1

Press **Ctrl + Alt + Delete** on your keyboard. A menu will appear on screen. Click **Task Manager** from the list of options.

### Step 2

When Task Manager opens, it will display the **Processes** tab by default, showing a list of currently running programs. Click the **Startup** tab near the top of the window to switch views.

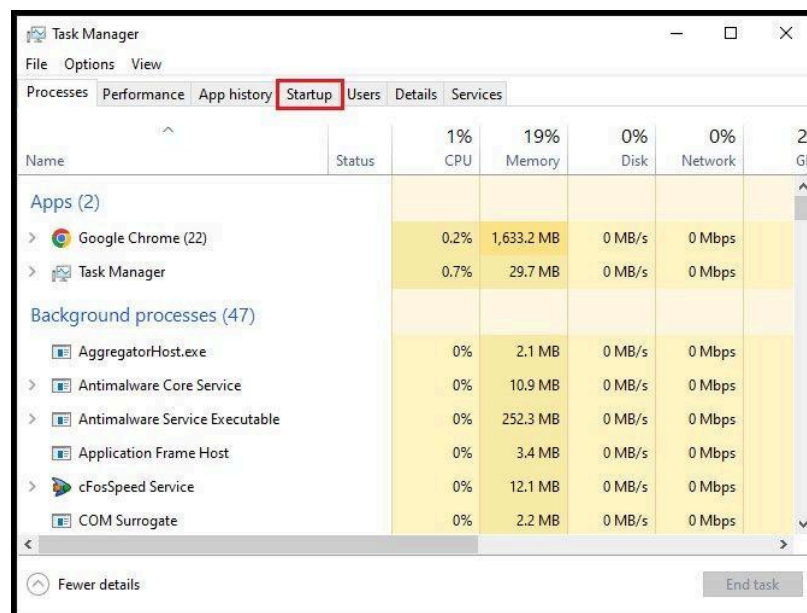


Figure 1. Task Manager open to the Processes tab. Click the Startup tab (highlighted) to continue.

### Step 3

You will see a list of programs with a **Status** column that says either "Enabled" or "Disabled." Programs marked "Enabled" launch every time your computer starts.

### Step 4

Look at the **Startup impact** column on the right side. Programs listed as "High" or "Medium" are slowing your boot time the most. Programs listed as "None" or "Not measured" have little to no effect.

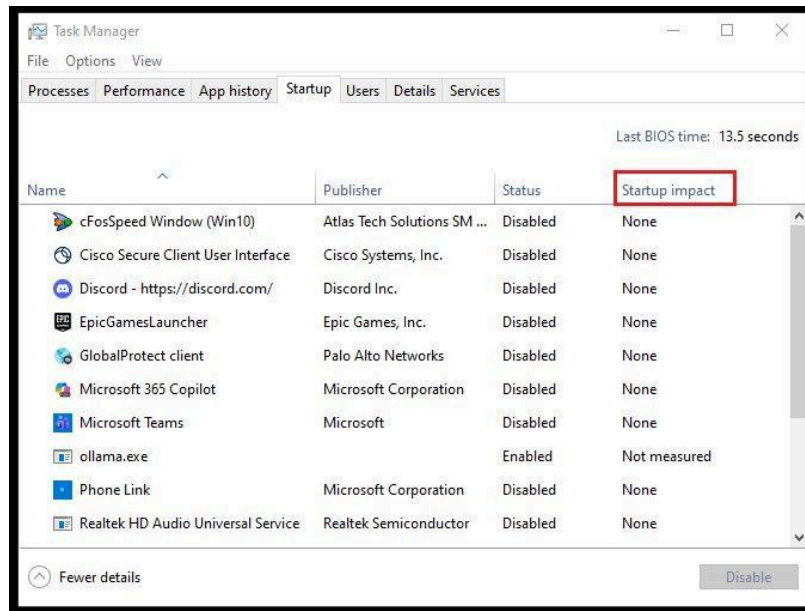


Figure 2. The Startup tab showing program names, their enabled/disabled status, and the Startup impact column (highlighted).

### Step 5

To disable a program, right click the program name. A menu will appear. Click **Disable** from the menu. The program's status will change from "Enabled" to "Disabled."

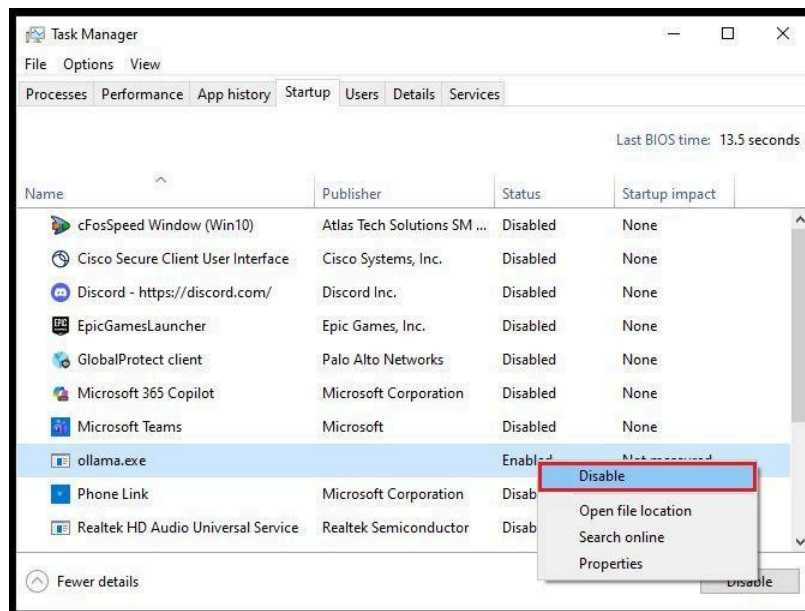


Figure 3. Right clicking a startup program reveals the Disable option (highlighted).

### **Step 6**

Repeat Step 5 for each unnecessary program you want to disable. Common programs that are safe to disable include Spotify, Discord, Microsoft Teams, OneDrive, Epic Games Launcher, and Skype. Do **not** disable your antivirus software or any program you do not recognize.

### **Step 7**

Close Task Manager by clicking the **X** in the top-right corner of the window.

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## **Restart Your Computer**

Restarting applies the startup changes you made. Your computer will no longer launch the disabled programs when it boots up.

### **Step 8**

Click the **Start** button (the Windows icon in the bottom-left corner of your screen).

### **Step 9**

Click the **Power** icon.

### **Step 10**

Click **Restart**. Wait for your computer to fully restart and log back in. You should notice a faster boot time.