

# Why is my computer running sooooo slow?

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## I hear this so often “Sometimes I want to throw my PC out of the window”



- “Do I need a new one or can this one go a bit faster ?”

PC's normally run so fast that we have the illusion that they immediately respond to our every click of the mouse or tap of the keyboard.

However things start going wrong when the PC gets too busy doing other things and stops listening to us, giving you the impression that it is “frozen” and unresponsive.

I see so many slow computers that are slow for two reasons.

- 1) Too much junk - Over the lifetime of a computer all sorts of software is installed; from toolbars to printer drivers. Each of these runs in the background of your PC and most of them ‘check for updates’ every time you go on line! We can easily see a list of all programs that are running, here is an example of a healthy list... remember the longer the list, the longer you'll be watching the egg timer!

Solution: Spring clean! – Get rid of them.

- 2) Need more memory! - RAM memory is the memory that your PC uses as it runs programs – don't get this confused with your hard disk memory! The more programs you run the more work your RAM has to do... Look back at the list of programs, the number to the right shows the memory each program is using. When the RAM starts to run out so will your patience!

Solution: Well... there are two options:

A - Increase the RAM to at least 1 GB for XP or 2 GB for Vista or Windows 7 - a good rule of thumb is to double the RAM if you are using your PC for photo editing or games. This is often a low cost solution, depending on the PC could be a little as £20. To get started, this website [www.crucial.com/UK](http://www.crucial.com/UK) will scan your RAM, tell you how much you have and recommend what to buy.

B - Have a clean up - most technicians offer a PC health check for about £40 that will clear all the unused software. If you are feeling brave, download ccleaner from [www.filehippo.com](http://www.filehippo.com) this will clean your hard drive and registry. It will help you edit the list of start up files, but be careful; this is not for the faint hearted!

So don't rush down to PC World just yet - Follow these tips and your PC up and running like it used to be!

| Image Name   | Memory (...) |
|--------------|--------------|
| explorer.exe | 194,052 K    |
| OUTLOOK.EXE  | 77,408 K     |
| PhotoPls.exe | 56,904 K     |
| dwm.exe      | 29,972 K     |
| explorer.exe | 21,096 K     |
| explorer.exe | 18,288 K     |
| WINWORD.EXE  | 17,608 K     |
| explorer.exe | 16,936 K     |
| explorer.exe | 15,024 K     |
| explorer.exe | 8,172 K      |