

04/13/09 - Computer slowing down?

Your operating system and the software you've installed on your computer will slow your computer down over time. It's unavoidable at a certain level, but there are things you can do to limit the impact. Every time you install a program, you're demanding more from your computer, and the effect accumulates over time, so use discernment in what you install.

Your computer will certainly slow down if you get a virus or spyware on your computer. If you don't have an up-to-date antivirus and antispyware program, consider installing the free version of [Avast Home](#).

If your computer is protected from viruses and spyware, and it's still running slow, here are a couple of things you can do to speed things up. First, go to the Control Panel (Click Start -> Control Panel), and click "Add or Remove Programs" or in Windows Vista click "Programs and Features". Uninstall all of the applications that you don't need and restart your computer.

If your computer is running slow, you probably have a lot of programs automatically starting themselves when you turn on your computer. You can speed up your computer by turning off automatic startup for most of them. The only programs that really need to startup with your computer are applications for core functionality and protection, such as drivers and antivirus software. To see what applications are currently starting up when you turn on your computer, and to turn some of them off, you can use the Microsoft Configuration Utility. Here's a [tutorial with screenshots](#).