

## Why does my computer seem to get slower?

### **Problem**

Your computer gradually seems to get slower. It takes longer to start up, applications take longer to load, and day-to-day operation slows down.

### **Applies To**

Microsoft Windows XP

### **Solution**

There are several steps you can take, each of which will help to improve the computer's performance:

1. Run the Windows Disk Cleanup. If you have Windows XP, click *Start | All Programs | Accessories | System Tools | Disk Cleanup*. The cleanup program will analyse the disk, which can take a minute or more, and give you some recommendations. Generally you can accept the recommendations. In addition you should tick *Recycle Bin* and *Temporary Files*.
2. Remove any software that you don't need. Each program should have its own recommended removal procedure. If you cannot find any specific instructions, go to *Add or Remove Programs* in the Control Panel, and remove the program.
3. Run the disk defragmentation tool. In Windows XP you will find it by clicking *Start | All Programs | Accessories | System Tools | Disk Defragmenter*. This program also analyses your disk before giving you the option to start defragmenting. Be warned - this process takes hours to run. Start it in the evening, and leave your computer to de-fragment overnight.

### **Key Words**

computer slow  
windows  
defragment  
fragment