

Stop background apps from running.

In Windows 10, you have access to group of programs that are called Background apps. (These are not the same as the apps that run at startup.) These apps, especially ones that you are not using, can be turned “off” in order to conserve power, especially important in a laptop running on battery.

To control these background apps:

- a) Select **Settings** (Windows + I)
- b) Click on **Privacy**.
- c) Click on **Background Apps** near the bottom of the list.
- d) Toggle the button to “off” for the apps that you don’t use often.

Please note there is a reason for these background apps to run continuously on your system even when you don’t use them. The apps listed in this page receive information, send notifications, and stay up-to-date.