

STOP BACKGROUND APPS FROM RUNNING

Most of us are aware that Microsoft and third-party software companies try to install their products so that they will run at Startup. As long as your computer has only one or two of these applications starting when you boot up, the boot time is indiscernible. However, over time, more and more of these programs are added to Startup without your knowledge, thus creating a noticeable slowdown at bootup. When this happens, we have learned to access the Taskbar, then the Startup tab, and then disable most of the listed programs.

In Windows 10, you have access to another group of programs that are called Background apps. 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.

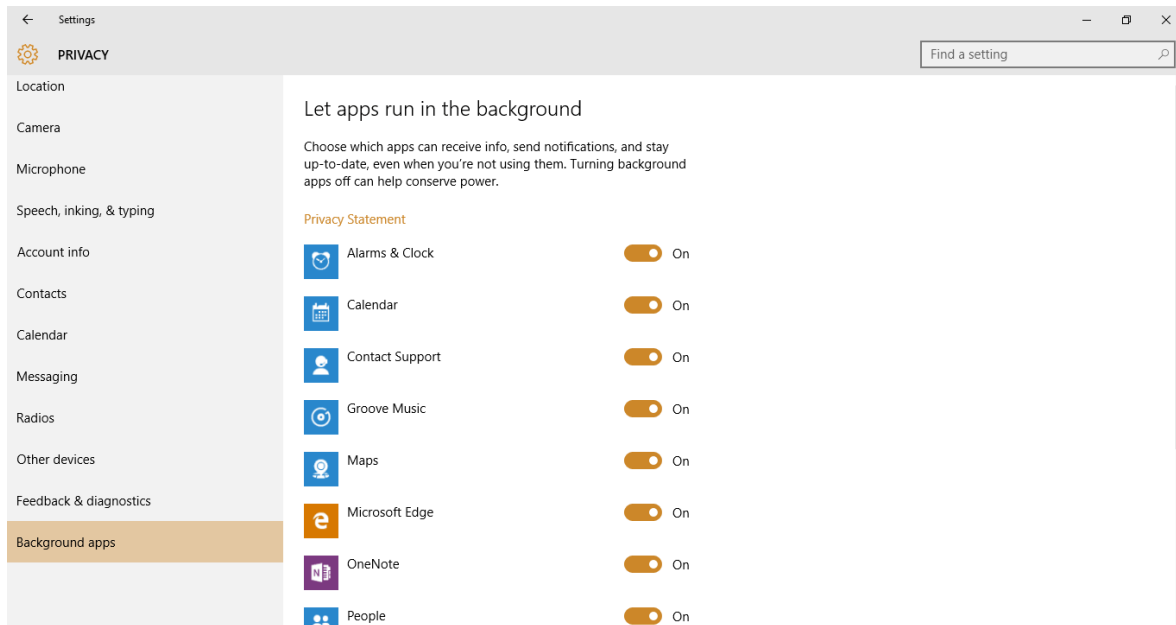
To control these background apps:

Select Settings (Windows + I)

Click on Privacy.

Click on Background Apps near the bottom of the list.

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.