

Your Computer's Number One Enemy is Heat

If your computer shuts down without warning at random times, there are several possible causes, but overheating is the most likely, and easiest to solve.

Signs of Overheating - And What To Do

Electronic components in your computer and other devices generate heat. The harder they work, the more heat they generate. So it's important to be alert to temperature spikes in your computer, and take steps to cool it down when necessary.

Sudden, inexplicable shutdowns of your computer are often due to overheating. Other symptoms of overheating include declining performance after running processor-intensive tasks for several minutes or hours. Games may run sluggishly, videos may skip, and response to mouse clicks may be delayed.

More alarming are sudden software crashes, random reboots, and the dreaded Blue Screen of Death. These symptoms may have multiple causes, but overheating is one suspect that needs to be confirmed or eliminated.

The computer will detect when the CPU, motherboard, hard drive, or graphics adapter is approaching its maximum operating temperature and shuts things down to avoid damaging that vital and expensive part. If you are experiencing shutdowns, measure your computer's temperatures and do something to lower them immediately.

Temperature sensors are built into many computer components; the trick is accessing these sensors to read temperatures. Unfortunately, Microsoft Windows does not have built-in utilities to let users read temperatures. You have to find third-party software. Fortunately, there are several free temperature-monitoring utilities. Some can not only monitor temperatures but also do something to lower them.

One of the easiest and safest tools to display temperature readings is [Speccy](#). In addition to that, Speccy also gives you detailed information on every hardware component inside your Windows computer.