**Simple Steps for Free Windows Speed Improvements**

This article will show you how to improve the speed and efficiency of your computer by using techniques and software that is freely available on the Internet. The author takes no responsibility if you break your computer as a result of the advice on this web page, and advises you have a full backup before proceeding.

The information mainly applies to laptop or desktop PC computers that have been running Microsoft Windows XP, VISTA or 7 for over a year. Optimising your computer by removing unnecessary processes can improve, and in some cases, repair your computer by fixing reoccurring problems you may be having.

It is important to follow all the steps in order:

**1) Virus/Malware/Spyware scan**

These pests can really slow your computer down and make it sluggish. Restart the computer and constantly tap the F8 key until a menu appears and select: SAFE-MODE WITH NETWORKING. When you see the desktop, open an Internet browser and navigate to the Malwarebytes website. There you can download and run the free version of their excellent anti-malware tool.   
  
- By removing malware and repairing any systems files the virus may of taken control of, you should see an improvement in performance.

**2) Windows Update**

Start the computer as you normally do and open your Internet browser, go to Microsoft Windows Update. Make sure there are no critical updates that need downloading and installing. If there are, then download and install them. If you are asked to restart your computer, do so, and then go back to Microsoft Windows Update and check for more updates. Continue the process until all updates are completed.   
  
- Installing the latest versions of drivers and patches for your operating system is a good way of repairing computer existing problems.

**3) Clean-up rubbish and temporary files**

Overtime your computer collects lots of temporary and obsolete files that it doesn't need. Go to the Piriform website and download CCleaner. Select all boxes apart from "Wipe free space" at the bottom (see fig.1). Press "Run Cleaner". Once that is done click on the "Registry" button and select all the check boxes (see fig.2). Then press "Scan for Issues", when 100% complete click the "Fix selected issues" button, repeat these steps until all registry issues are resolved.

To complete the clean-up process go to Start menu -> All programs (not XP) -> Accessories -> System Tools -> Disk cleanup. Select the C: drive and click OK. What asked click OK to remove temporary files.

- Clean-ups help save on disk space and reduce load times in Windows.

**4) Check disk**

Open Start menu -> My Computer. Right-click the C: drive and choose Properties. Click the Tools tab at the top. Click the Check now button. Check both check boxes (see fix.3). You will be asked to restart your computer, please do so.

- Using Check Disk (chkdsk), repairs the computer hard disk if there are any errors contained on the disk.

**5) Disk defragmenter**

Open Start menu -> My Computer. Right-click the C: drive and choose Properties. Click the Tools tab at the top. Click the Defragment now button. Make sure you select the C: drive and click defragment disk.

If you follow these steps in full, you will see speed improvements to your computer. I recommend running this process once every six months to maintain performance. This technical information has been written by an engineer who provides [PC repairs in London](http://rebootthat.com/) and has 10 years + experience in IT support.

- Defragmenter helps improve hard disk performance by sorting most used files into their relevant place.

Links related to this article:

Malwarebytes: [www.malwarebytes.com](http://www.malwarebytes.com/)

Microsoft Windows Update: [windowsupdate.microsoft.com](http://windowsupdate.microsoft.com/)

CCleaner: [www.ccleaner.com](http://www.ccleaner.com/)

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