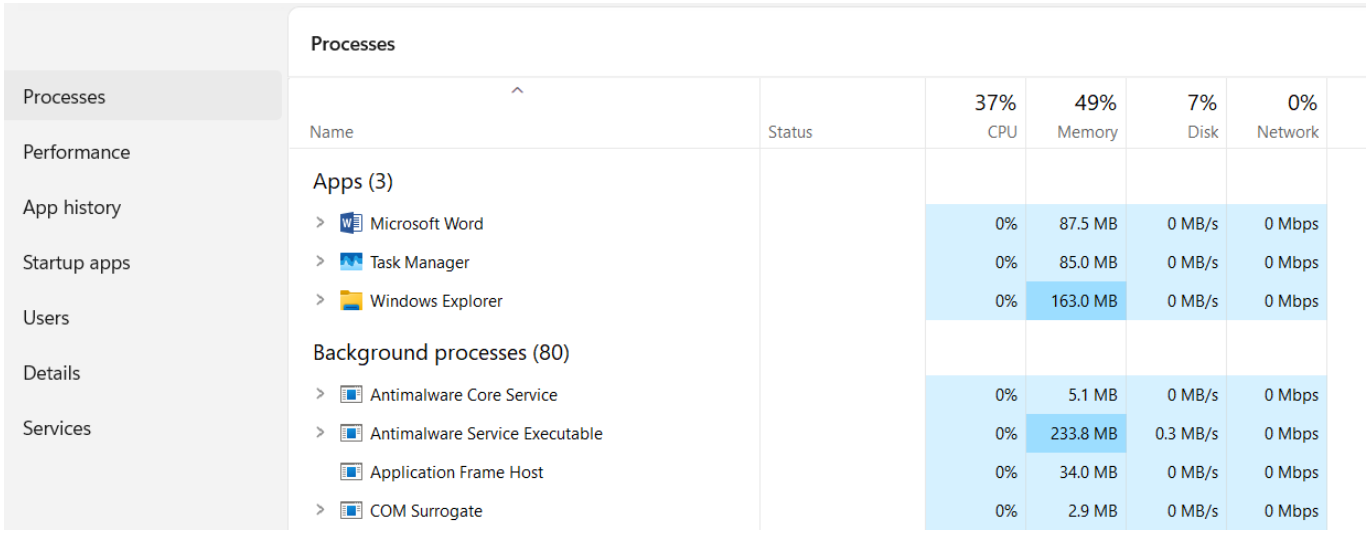
Task Manager and Start-up Apps Windows 10

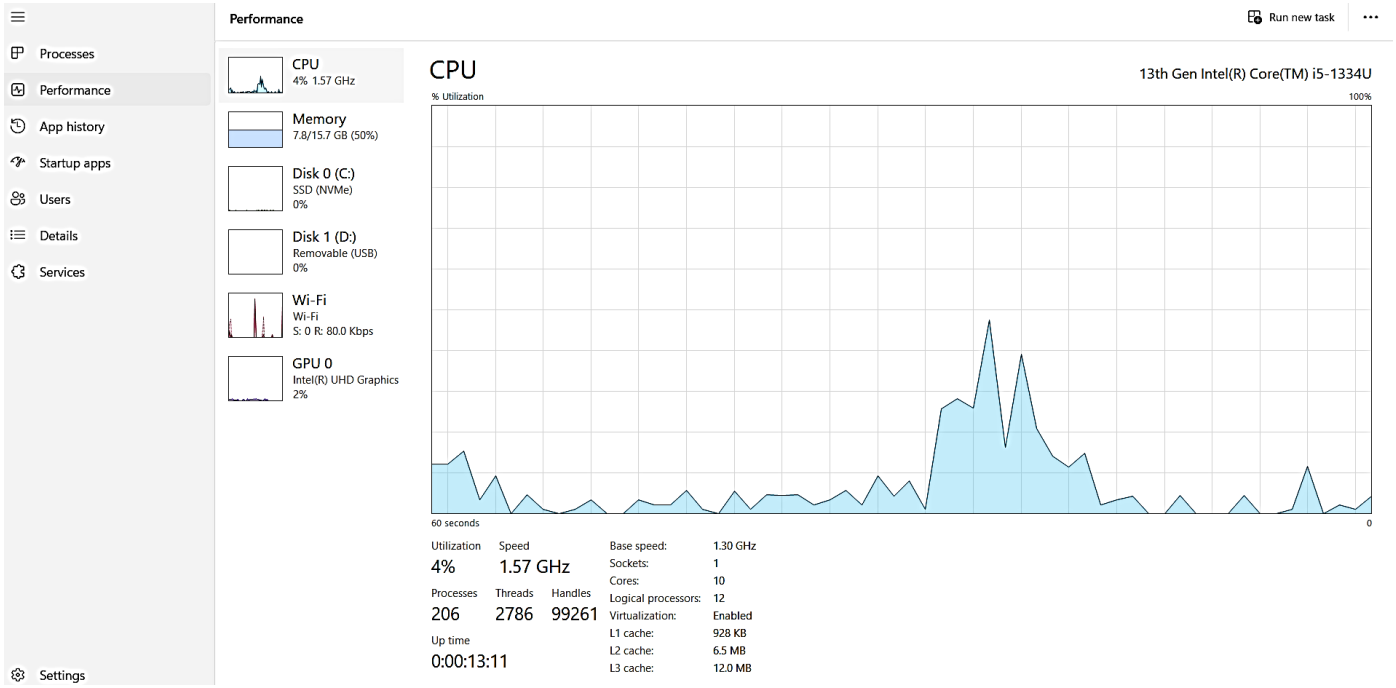
Right click on an empty space on the taskbar and click on Task Manager.

Here you see all the processes running on your computer.



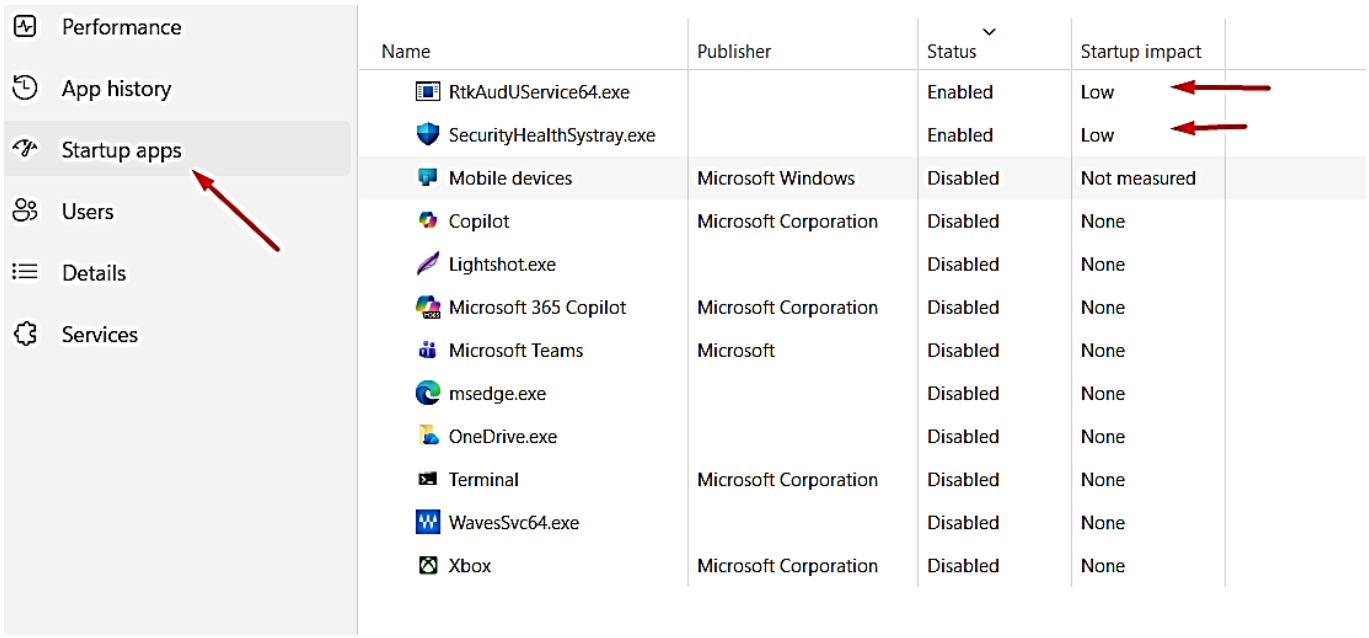
Click on Performance. This shows how the processes are using your computer's central processing unit (CPU) as a graph of peaks as time passes. The higher the peaks the more processes are in action. It is not good if the peaks are continually too high and reach the top of the graph. You must switch non-essential ones off.

My Laptop.

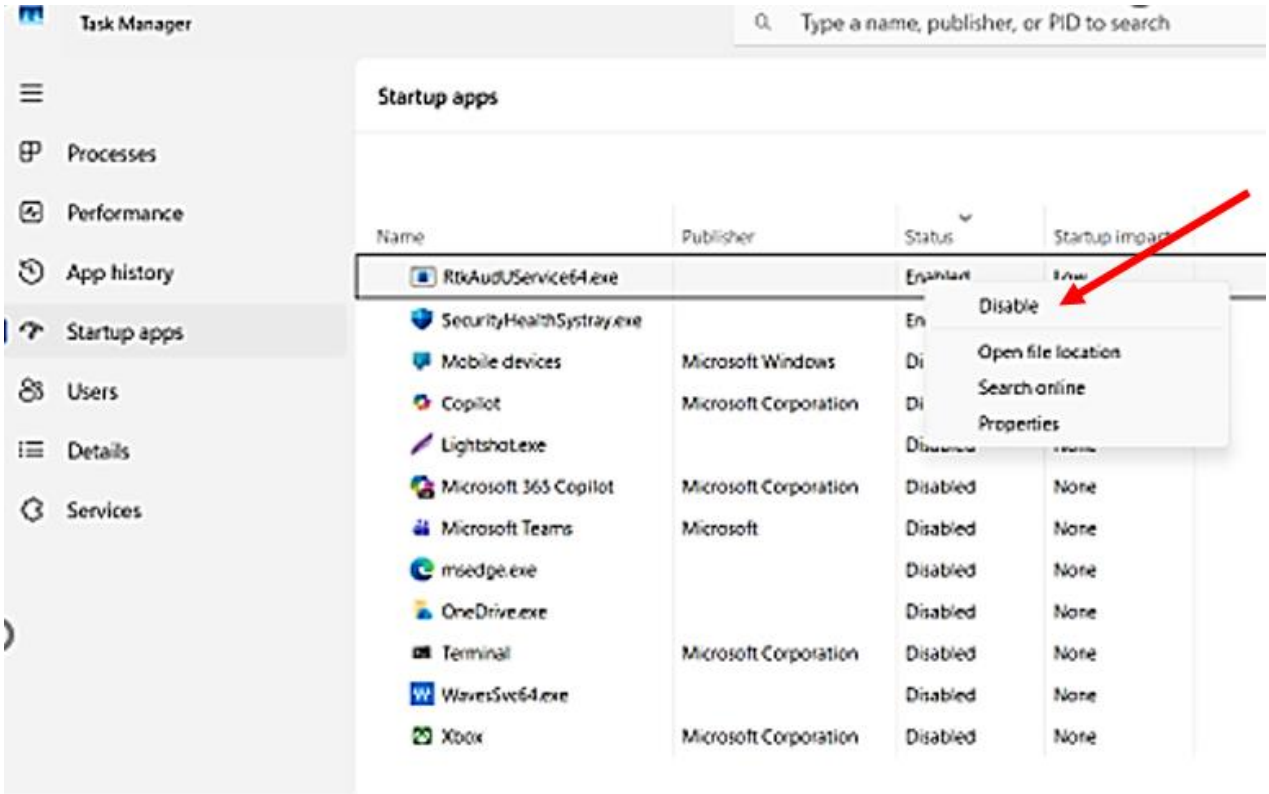


Check which Processes are automatically running on Start-up by clicking on **"Start-up Apps".**

You will see that I have disabled everything except two



To “**enable**” or “**disable**” an item **Right Click** on an item to make a choice



Disabling an item does not remove it from your computer. It just does not start running when you switch the computer on. When you need the item just click on the icon on your computer and it will start running. Otherwise it is using your CPU.

App History:

- **Data Tracked:** This monitors **CPU time** (total processor time), **Network** (total network data), **Metered Network** (usage on limited connections), and **Tile Updates** (resources for live tiles).

- **Purpose:** It is used to identify apps causing high resource usage or excessive data consumption, which is useful for troubleshooting performance issues, especially on laptops or tablets.
- **Scope:** By default, it shows usage for the current user, but it can be configured to show data for all user accounts.
- **Resetting Data:** Users can click "Delete usage history" to clear the 30-day data and restart the tracking.