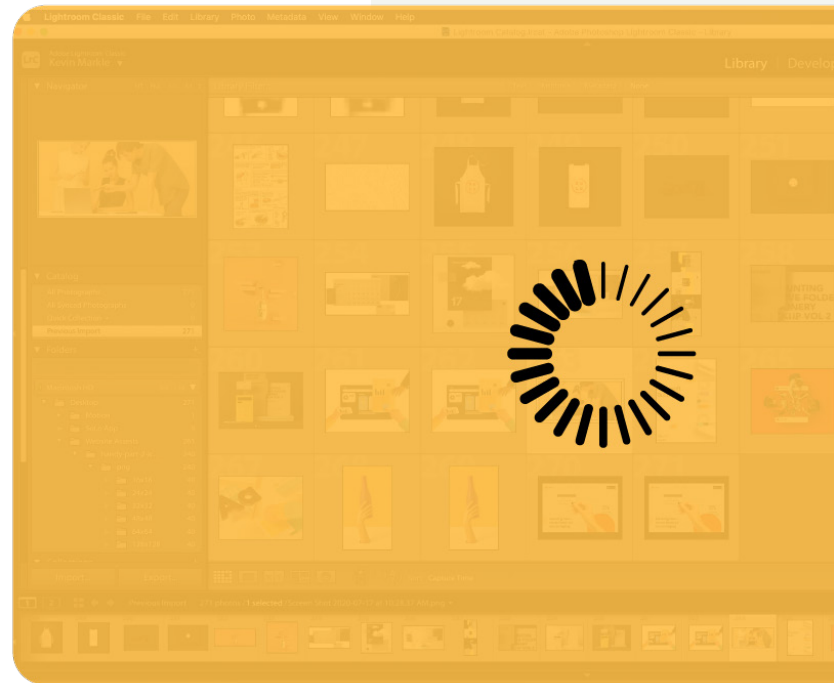# Slow computer solutions

A Checklist

1. **Restart the computer.**

2. **Check for updates.**

3. **Tidy up.**

   - Clean off the desktop.

   - Delete the files in downloads.

   - Empty the recycle bin.

4. **Close idle desktop programs and browser windows.**

5. **Review the applications that automatically run on startup (found in the Task Manager).**

6. **Reach out to I.T.**

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