



Is your computer running so slow that you want to throw it out the window?

Is your computer running as slow as a continental drift? Does it frequently freeze up, crash and take forever to open files? If so, there could be several reasons for its sluggish performance.

Below is a list of the most common reasons for slow computer syndrome and how you can fix it:

- **Spyware.** While they are not quite as dangerous as viruses, spyware programmes track and transmit your personal information and web surfing habits to advertisers without your direct consent or permission. These programmes take up memory and often cause slow performance and system crashes.
- **Low Memory.** PC Magazine says that adding memory is “The quickest, easiest, cheapest upgrade.” Adding memory can be one of the easiest ways to significantly increase the speed of a computer.
- **Unnecessary Programmes.** Many PCs come with programmes automatically installed to run at startup. Over time, these programmes (along with all the other programmes you install) can significantly slow down your computer. They are often running in the background, but are never used. Removing them will speed up your computer quite a bit.
- **File Fragmentation.** Over time, the files on your hard drive get broken into pieces when saved, which causes your operating system to take more time to find, open and update files. To defrag your hard drive with Windows XP, go to: Start > Programs > Accessories > System Tools > Disk Defragmenter.

If you see **little or no improvement in speed and performance after applying the above solutions, you SHOULD seek professional help immediately.** Slow performance could be a sign of a more serious problem (like a virus) that could result in a **system crash, data loss, or both.**

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