IT Laptop and System Performance Guide

Common Performance Issues

System slowness is typically caused by high CPU usage, insufficient RAM, disk space issues, or excessive background applications.

Employees are encouraged to restart their systems at least once a week to maintain performance.

Issue	Recommended Action
High CPU Usage	Close heavy applications and restart
Low RAM	Limit simultaneous applications
Disk Almost Full	Delete temporary files

Basic Troubleshooting Steps

Check startup programs and disable unnecessary applications.

Ensure the operating system and antivirus definitions are up to date.