

1. Memory utilization \geq 60% for 2 minutes

Several conditions could lead to memory utilization being \geq 60% for 2 minutes, and there are various ways to resolve this issue. Some potential causes and solutions include:

Multitasking: Running multiple applications or tasks simultaneously can consume a significant amount of memory. Try reducing the number of concurrently running applications or processes.

Memory Leaks: Some applications may have memory leaks, where they fail to release allocated memory properly. Update your applications to the latest versions, as developers often release patches to fix memory-related issues.

Background Processes: Certain background processes and services may consume memory resources. Use the Task Manager to identify and, if necessary, disable or adjust these processes and services.

Insufficient Physical Memory (RAM): If your computer does not have enough RAM to handle your workload, it can result in high memory usage. Consider upgrading your RAM to meet the demands of your tasks.

Large Files or Data Sets: Working with large files or datasets in applications such as video editing software or data analysis tools can lead to increased memory usage. Optimize your workflow or consider upgrading your hardware.

Memory-Intensive Applications: Some applications are inherently memory-intensive, especially graphic design software, virtual machines, or complex simulations. Close unnecessary applications or consider upgrading your hardware if such applications are essential for your work.

Faulty or Incompatible Hardware: Faulty or incompatible hardware, including RAM modules, can lead to memory-related issues. Perform a hardware check to ensure all components are functioning correctly.

Operating System Issues: In rare cases, issues within the operating system may lead to abnormal memory utilization. Ensure your operating system is up to date, and consider troubleshooting or reinstalling the operating system if

necessary.

If memory utilization remains above 60%, you can use the above methods to investigate and address the issue, ensuring normal system operation. If the problem persists, further investigation or consulting with technical support may be necessary.