32 bits and 64 bits

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32 bits can address 2^32 bits i.e. 4 GB ram

64 bits can address 2^64 bits i.e. billion GBs of RAM.

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1) 64 bits contains more instruction sets.
2) More the number of CPU registers.
3) Process 8 bytes of data per cycle. Compared to 4 byte of data in 32 bits.**

** -> Very few operations required 8 bytes of data processing. So it is wasteful as it just increases the traffic. So this means that you can operate on very very large numbers without loss of precisions.

SO WHAT DOES IT ALL MEANS ?

1) If you are using more RAM than 4 Gb's OR
2) Works with large applications that require very large numbers to be calculated such as video editing etc. OR
3) You are running SERVER :-)

Then use 64 bits…

Otherwise 32 will serve you more efficiently.