



# Fixing a Slow Windows 10 Laptop

- A Practical Performance & Optimization Case Study
- Lenovo ThinkPad
- Miguel Pacheco | IT / Automation
- [www.linkedin.com/in/miguel-pacheco27](https://www.linkedin.com/in/miguel-pacheco27)

# The Problem

- Very slow boot and performance
- High disk usage (90–100%)
- Freezing and lag
- Unusable for daily work

# Root Causes

- Mechanical HDD
- Too many startup apps
- Background services
- Accumulated temp files

# Strategy

1. Analyze performance
2. Verify system files
3. Deep clean system
4. Optimize settings
5. Decide on upgrades

# Performance Analysis

- CPU usage
- RAM availability
- Disk utilization
- Startup impact
- HDD vs SSD

# Deep Clean & Repair

- SFC scan
- DISM repair
- Disk health check
- Temp & cache cleanup

# Optimization

- High performance power plan
- Disable SysMain
- Disable Search indexing
- Reduce visual effects



# Results

Before:

- Slow boot
- Disk bottleneck

After:

- Faster startup
- Responsive system

# Hardware Insight

- SSD = biggest upgrade
- 3–10x faster
- 8–16 GB RAM recommended

# Key Takeaways

- Analyze before fixing
- Automation saves time
- Reinstall often unnecessary

# Use Cases

- IT support
- Students
- Small businesses
- Older laptops

# Thank You

- Questions?
- [www.linkedin.com/in/miguel-pacheco27](https://www.linkedin.com/in/miguel-pacheco27)