DISABLE PROGRAMS THAT RUN AT STARTUP

Windows 10 offers a startup application manager that practically any Windows user can use. It's integrated into the operating system.

Better yet, you can prevent those applications from launching at startup to save memory and CPU cycles, as well as speed up the login process.

There's now a startup manager in the Task Manager you can use to manage your startup programs. Right-click the taskbar and select "Task Manager" or press Ctrl+Shift+Escape to launch it. Click over to the Startup tab and disable startup applications you don't need. Windows will helpfully tell you which applications slow down your startup process the most.