# Find Resource-Hungry Apps That Slow Down Your Computer

Your computer may be running slow because something is using up your CPU resources. If it's suddenly running slower, a runaway process might be using 99% of your CPU resources, for example. Or, an application might be experiencing a memory leak and using a large amount of memory, causing your PC to swap to your hard disk. Alternately, an application might be using the disk a lot, causing other applications to slow down when they need to load data from or save it to the disk.

To find out, open the Task Manager: right-click your taskbar and select the Task Manager option. This tool provides an interface that color-codes applications that are using a lot of resources.

Click the CPU, Memory, and Disk headers to sort the list by the applications using the most resources. If any application is using too many resources, you might want to close it normally — if you can't, select it here and click "End Task" to force it to close.