How to Stop Background Apps from Running.

In Windows 10, you have access to a group of programs that are called Background apps. These apps, especially ones that you are not using, can be turned "off" in order to conserve power, *especially important in a laptop running on battery.*

To control these background apps:

1. Select **Settings** (Windows + I)
2. Click on **Privacy**.
3. Click on **Background Apps** near the bottom of the list.
4. Toggle the button to "off" for the apps that you don't use often.

Please note: there is a reason for these background apps to run continuously on your system even when you don't use them. The apps listed in this page receive information, send notifications to you, and **stay up-to-date**.