

## **STOP BACKGROUND APPS FROM RUNNING.**

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:

- a) Select **Settings** (Windows + I)
- b) Click on **Privacy**.
- c) Click on **Background Apps** *near the bottom of the list.*
- d) 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 on this page receive information, send notifications, and stay up-to-date.