



## TECHNOTE—OVERHEATING LAPTOPS

**Guidance for laptop users** - one of the main reasons for a laptop to keep suddenly shutting down is that your machine is overheating. As well as being a nuisance, leaving the problem can damage your laptop, possibly by corrupting the hard drive.

### How to avoid overheating

- Make sure the vents underneath your laptop are not being blocked by either external items or by dust/fluff etc.
- Try to use your laptop on a hard, flat surface such as a desk or worktop. It's not a good idea to use your laptop directly on a soft/fabric surface eg. on the bed or sofa. If you want to do this, try to put something underneath the laptop to keep it away from the fabric eg. a tray, or you can buy laptop supports which will provide your laptop with a flat surface and keep it ventilated.
- Switch off or use sleep mode whenever the laptop is not being used.
- Try to minimise the work the laptop needs to do in order to reduce the processing power being used, which in turn will reduce the likelihood of overheating eg.
  - Don't keep programmes open when they are not being used.
  - Avoid watching DVD's if possible, or consider changing the power settings so it's not running at full power
- Make sure you are protected by a reputable security package, keep your antivirus and spyware definitions fully up to date and run regular full anti-virus scans to ensure that your laptop is clean— any viruses or spyware running in the background of your machine can use a lot of power and therefore increase the risk of overheating.

**Dealing with problems—** If your laptop does suffer from overheating you may need to clean the fan inside the case, or replace the fan. Instructions for doing this vary with each laptop model.

**Important Note:** This is not an easy user task, and opening your laptop usually voids the manufacturer guarantee. Opening it yourself or asking a support engineer to do so is at your own risk. If you have insurance or your laptop is still under warranty, please contact the manufacturer or take it back to the store you bought it from for further help.