

Windows laptops & PCs | Easy | 2 min read

Laptop gets hot and shuts itself off

Laptops get warm when they work hard, but if yours is too hot to touch or switches off suddenly, it is protecting itself from overheating. Dust and poor airflow are the most common causes.

Quick fixes to try first

- Switch off and unplug the laptop and let it cool for 30 minutes.
- Put it on a hard, flat surface. Beds, sofas and laps block the air vents.
- Look at the vents on the sides and underneath. Make sure nothing is covering them.
- Take it out of its case or sleeve while in use.

Step by step

1. Press Ctrl, Shift and Esc together to open **Task Manager**.
2. Look at the **CPU** column on the **Processes** tab. If a program is using a lot while you are not doing much, choose it and select **End task**. Save your work first.
3. Click the battery icon, or open **Settings**, then **System**, then **Power & battery** (Windows 11) or **Battery** (Windows 10), and choose a more balanced power mode rather than the top performance one.
4. Close extra browser tabs, especially ones playing video.
5. Restart and check whether the fan is quieter.

If that did not work

- A cooling stand can help a little.
- Install waiting updates, as they sometimes fix fans and power behaviour.
- If the fan sounds like it is struggling, the vents are probably clogged with dust. Do not open the laptop yourself or use a vacuum cleaner on the vents, as static can damage the parts. A short burst of canned air from a safe distance on a switched-off laptop is the most you should try.

When to get more help

Stop and email us if the laptop switches off repeatedly, the fan is very loud all the time, the case is too hot to hold, or you smell burning. Stop using it in that case. We may recommend a professional clean and fresh thermal paste. Tell us the make, model and when it happens, such as during video calls or games.

Still stuck? Email admin@visiontech336.com and tell us what you can see on the screen. Menus and button names can differ slightly between versions and makes. If something does not match, stop and ask rather than guess. Please never send passwords or card details.