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Dear Lifehacker, my laptop fan is super loud and I can't seem to make him calm down. It's all BRRRRRRRRRRRR all day and I like FUUUUUUUUUUUUUUUUUUUU And slap him with BAAAAAM and he won't stop making noise. Help! Sincerely, Deaf-by-Laptop-Fan Reader

Photo by John Ross.

Dear Deaf, the first thing in the first place: I'd probably stop hitting your laptop because it doesn't help. If you're a Fonz. There are a number of reasons your computer fan can be noisy, but most of them come down to it's just too hot out there. Here are a few things you can try to get it running a little cooler and quieter. Check out your processes

Your CPU fan will start to blow like crazy if you are running processor-intensive processes such as games or video conversions. If you're not doing one of these things, you'll definitely want to see if another process eats up your processor for no reason. G/O Media can get a commission

Mario Kart Live: Home Circuit

Hit Ctrl-Shift-Esc to bring up a target manager (or, if you are on a Mac, open an activity monitor according to /Apps/Utilities). Check the process tab to see if something takes up an abnormally large percentage of CPU power, usually if something is out of control, it will be about 100. (Note that the system downtime process may be at a high level, however, most other programs are suspicious). If everything is relatively low (single digits or maybe dozens), then it's not your processor getting out of control, it's the fan itself. There's also a chance that it's a fan of your graphics card that's getting out of control, in which case you can update the drivers. It's usually a long shot, but it's worth a try. Cool Down Your Computer

There's a good chance that your computer is just too darn hot, for one reason or another. Perhaps your computer tower is tucked away inside a small closet with a little airflow, or you're using your laptop on your lap and not letting enough heat run. This will cause your computer to overheat even if it doesn't tax itself and it will spin your fans like crazy. If you are on your desktop, make sure you have an adequate airflow in and around your computer tower. If it is in a small closet, move it to the table for a while and see if it helps. If you're on a laptop, try using one of the many DIY laptop stands we featured (or even a DIY laptop cooler) to cool it down that can appease those noisy fans.

Reader George writes to tell us about his DIY ergobaseline laptop support: [Read more](#)

Also as summer approaches, make sure you don't keep your laptop in the sun for too long. Your laptop has heat limitations, and the closer you get to them, the more likely it is that it malfunctions and goes crazy with your Summer has reached its peak, and while working on the street can be relaxing, it becomes much less when you read more

Clean your fans

If none of this helps, you'll have to open your computer and dig. You definitely want to clear all the dust out of your machine, as it can cause overheating, which can make Fans kick loudly. And, if your fans are really dusty, they can get particularly noisy too. We've talked about how to do some of this before (and even showed you in video form) - all you need is compressed air and oil. If your computer has been humming along under your desk for more than a year or two, I have news for you: [More](#)

This image was lost some time after publication. You also want to try to lubricate your fans. TechRepublic has a great, picture-filled guide to this. This should help get your fan running faster and quieter. Simple Help also has a good guide to lubricating up GPU fans, which can sometimes be a little tricky. If everything else fails, you may need to replace the fan completely. Usually you can buy fans at electronics stores like Micro Center, Fry or even Best Buy (although you may need to get laptop fans through the laptop maker, depending). It's worth noting that while there are many tools like Speedfan and smcFanControl that you can use to manually slow your fans down, I wouldn't recommend using them. They are usually only for advanced users, and if your fan is running loud, there is probably a reason, usually, that it is too hot out there. If you slow it down without cooling your computer, it can overheat. However, these tools can be useful for figuring out which fan makes all the noise, but other than that, I wouldn't recommend using them until you've actually fixed the problem. Hopefully this gives you a bit of direction in fixing your problem. If you have any other suggestions, be sure to share them with us in the comments! Sincerely, Lifehacker

You can contact Whitson Gordon, the author of this post, [whitson@lifehacker.com](mailto:whitson@lifehacker.com). You can also find it on Twitter, Facebook, and lurking around our #tips page. Harvard Men's Health Watch

Image: © Juanmonino/Getty Images

Are you more sensitive to noise than before? Do some sounds now feel too loud and jarring? Don't worry; it's actually quite normal. Age-related hearing loss is common among older people and affects about two thirds of men aged 70 and 85% of men aged 80 and over. While it's not clear why, it can also make people hypersensitive to sounds that they're used to tolerate easily, which in turn can affect their well-being. Author Cal Newport argues that it is time to make difficult decisions about our digital lives and adopt a philosophy of using technology. Four days ago, I disabled Instagram and Facebook. This is a radical step that a week ago I would never have dreamed of making. In fact, I would have laughed at anyone who made such an absurd sentence and went back to scrolling through my Insta stories

But that was before I knew who Cal Newport was and before I was deeply moved by the first few chapters of my book, Digital Minimalism: Choosing a Targeted Life in a Noisy World (Portfolio/Penguin, 2019). In this highly readable book, Newport acknowledges the struggle that so many people have to strike a balance in their use of social media. Rather than blame himself for the lack of self-control, he points out that people are ill-equipped to fight back: Fuzzy resolutions are not enough in themselves to tame the ability of new technologies to invade your cognitive landscape - the addictive nature of their design and the power of cultural pressures supporting them too strong for a special approach to success. Instead, Newport proposes to embrace a philosophy of using technology that is rooted in your deep values, giving clear answers to questions about what tools you should use and how you should use them and, just as importantly, allowing you to confidently ignore everything else. The philosophy he offers is called digital minimalism and is based on the belief that the smaller the more when it comes to new digital tools. The book is divided into two parts, the first of which is an explanation of philosophy, the study of the forces in the game that make digital tools so irresistible to people, and the argument on how disconnection will actually improve relationships. Secondly, it is a set of practical suggestions on how to regain control over digital habits and what lifestyle changes contribute to this. © Cal Newport - an author who is also an associate professor of computer science at Georgetown University

While the book is packed with fascinating facts, examples and ideas, Newport makes two points that I've been thinking about ever since I read them. First, it argues about the need for a 30-day digital declutter when you go from all the extra social media for a month in order to wean yourself off the cycles of addiction that many digital tools can install. His argument is so persuasive that I immediately started my own 30-day declutter. During this decluttering period, however, a person must aggressively pursue analog, high-quality leisure activities in order to fill the inevitable void. This leads to a second point that fascinated me - the importance, and even necessity, of people using their hands to feel a deep meaning in life. Why you use the craft to leave the virtual screen world and instead start working in more complex ways with the physical world around you, you live more true to your primal potential. Craft makes us human, and in doing so, it can provide deep satisfaction that is difficult to replicate in other (dares I say) less practical activities. Newport goes on to quote the mechanical philosopher Matthew Crawford, who suggests that the desire to post photos on Instagram is a digital cry of attention in the absence of tangible achievements such as a well-built wooden bench or applause at a musical performance. Relationships, hobbies, and overall quality of life will improve as we fill the quiet, empty moments of our lives with thoughtless scrolling and begin to doubt the actual benefits that these social platforms offer us. For example, there would be no better way friend for coffee once a month or calling a relative for half an hour each week than spending that time observing their posted photos and clicking as a means to stay in touch? Meanwhile, I'm still in the early days of my own digital declutter and, while the idea is to reintroduce social media platforms at the end of the month in a way that I control them, not the other way around, I'm already surprised at how little I miss them. I'm just as surprised at how often I reach for my phone for no reason other than scrolling and then have to redirect myself. If your phone use, Netflix habits, or Twitter addiction is never causing you concern, then you should read this book. It's written accurately and attractively, with Newport briefly recapping his points at the end of each chapter and offering takeaway practice lists or lessons. But be warned - you may just find it so inspiring that, like me, you'll do the impossible and hit that deactivate button. Button.

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