Click on the link to PageDefrag:

http://www.sysinternals.com/Utilities/PageDefrag.html

You should see:

PageDefrag - Windo	ows Internet Explorer					
TN http://technet.	microsoft.com/en-us/sysinternals/bb897426.aspx	Google				
<u>File Edit View Favorites</u>	Tools Help					
📟 RoboForm 🔻 Search 🔹 🧏 Logins 🕶 🎲 . NET Passport (+4) 🛛 🕹 Martin Goldberg 🛛 🎲 Save 💋 Generate 🏑						
😪 🍄 🛛 TN PageDefrag		🔊 🔹 🖶 🔹 📴 <u>P</u> age 🕶 🍈 T <u>o</u> ols 🕶 🎽				
	United States - English 🗸	Microsoft.com 🗸 🛛 Welcome 🛛 Sign in 🔨				
Microsoft ⁻ TechNet	Search TechNet with Live Search 😥 Web	TechNet Home TechCenters				
Windows Sysinternals						
Home Library	Learn Downloads Support Community	-				
File and Disk Utilities Netwo	rking Utilities Process Utilities Security Utilities System Information Miscellaneous	s All utilities				
Second Se	🕆 Add To Favorites 🖉 Send Click t	o Rate and Give Feedback 숮숮숮숮☆☆				
TechNet 🕨 TechCenters 🕨 Wind	ows Sysinternals 🕴 Downloads 🄌 File and Disk Utilities 🎽 PageDefrag					
Utilities	ParaDefrag v2 22					
Sysinternals Suite	PageDellag V2.52	Download				
Utilities Index	By Mark Russinovich	Download				
File and Disk Utilities	Published: November 1, 2006	PageDefrag (70 KB)				
Networking Utilities	Introduction	Run PageDefrag now from				
Process Utilities		Liveleyanternalateon				
Security Utilities	not possible to defragment files that are open for exclusive access. Thus, standard					
System Information	defragmentation programs can neither show you how fragmented your paging files or Registry bives are, nor defragment them, Paging and Registry file fragmentation can					
Miscellaneous Utilities	be one of the leading causes of performance degradation related to file fragmentation					
	in a system.					
Additional Resources	PageDefrag uses advanced techniques to provide you what commercial defragmenters cannot: the ability for you to see how fragmented your paging files and Registry hives					
Forum	are, and to defragment them. In addition, it defragments event log files and Windows					
Site Blog	2000/XP hibernation files (where system memory is saved when you hibernate a laptop).					
Sysinternals Library	PageDefrag works on Windows NT 4.0. Windows 2000, Windows XP, and Server 2003					
Sysinternals Learning	- ages and the art windows in they windows 2000, windows XP, did Selver 2003.	×				
<		>				
	😵 😜 Ir	nternet 🔍 100% 👻 🤃				

Click on the Download button. You should see:

File D	ownload 🛛 🔀
Do you	want to open or save this file?
2	Name: PageDefrag.zip Type: WinZip File, 68.0KB From: download.sysinternals.com
. ✓ Al <u>w</u> a	<u>Open</u> <u>Save</u> Cancel ys ask before opening this type of file
2	While files from the Internet can be useful, some files can potentially harm your computer. If you do not trust the source, do not open or save this file. <u>What's the risk?</u>

Click on Open. You should see:

🚇 WinZip (Evaluat	tion Version)	PageDe	frag[1].zi	р			
<u>File Actions</u>	Options	<u>H</u> elp						
New 1	Open	Favorites	Add	Extract	Encrypt	Solution View	CheckOut	Wizard
Name		Туре	Modified		Size	Ratio	Packed P	ath
❷pagedfrg.h □ pagedfrg.e ፪ Eula.txt	Ip xe	Help File Application Text Document	7/23/200 7/14/200 7/28/200	0 6:58 PM 5 6:06 AM 6 8:32 AM	8,419 98,361 7,005	69% 58% 56%	2,638 41,327 3,084	
Selected O files,	0 bytes			Total 3 files,	112KB			00 .;;

Click on the extract icon. You should see:

Extract - C:\Doci	uments and Settings\Marty\Local	Settings\Temporary Interne	et File ? 🔀
E <u>x</u> tract to:	c:V		 Note Note
Desktop Descup My Documents	Desktop My Computer My Computer My Computer My Computer My Drive_C (C:) My Cocuments My Documents Drive_D (D:) DVD/CD-RW Drive (H:) Pcl on 'Maxnas01\mgol My Network Places Weather	_public\Backups' (Q:)	
My Computer My Network Places	Files Selected files/folders All files/folders in archive Files:	Open Explorer <u>w</u> indow Overwrite existing files Skip older files Use folder names	Extract Cancel Help

Set the "extract to" drop down box to "c:\". Click on extract. The files will be extracted and the window will return to:

🗐 WinZip (Evaluat	tion Version)	- PageDef	irag[1].zij	p		(
<u>File A</u> ctions	Options	; <u>H</u> elp						
٥		1	C	(P	P	9	6	9
New	Open	Favorites	Add	Extract	Encrypt	View	CheckOut	Wizard
Name		Туре	Modified		Size	Ratio	Packed Pa	ath
Opagedfrg.h	ılp	Help File	7/23/2000) 6:58 PM	8,419	69%	2,638	
🛄 pagedfrg.e	exe	Application	7/14/2005	5 6:06 AM	98,361	58%	41,327	
🗐 Eula.txt		Text Document	7/28/2006	58:32 AM	7,005	56%	3,084	
								B
								B
								2
								-0-0
Selected 0 files	, 0 bytes			Total 3 files,	112KB			00 .;;

Close the Window.

Next search for and execute pagedfrg.exe. Open "My Computer." Open your "C" drive.



Locate "pagedfrg.exe" and run it. You should see:

🔊 System Fi	ile Defragmenter v2.20		
	File	Cluster(s)	Fragment(s)
ARE Bytes Corpannel Pro F. Baures Code	C:\pagefile.sys C:\WIND0WS\System32\config\AppEvent.Evt C:\WIND0WS\system32\config\default C:\WIND0WS\system32\config\SecEvent.Evt C:\WIND0WS\System32\config\SecEvent.Evt C:\WIND0WS\system32\config\SecEURITY C:\WIND0WS\system32\config\SysEvent.Evt C:\WIND0WS\System32\config\SysEvent.Evt C:\WIND0WS\system32\config\SysEvent.Evt	524288 256 1024 512 128 512 36864 1024 10752	116 2 3 1 1 1 43 8 23
and a second secon	Defragmentation Control		
Russin betrained	Defragment at <u>n</u> ext boot		0
Mark	Defragment <u>e</u> very boot		0
According to	Defrag abort countdown 3 😂 secon	ids	
	<u>D</u> on't defragment		۲
	Copyright © 2002 Mark Russinovich Sysinternals - www.sysinternals.com	<u>C</u> ance	el <u>H</u> elp

Select the "Defragment every boot" radio button and click on OK.

Now shutdown and re-start your PC. It may take a while to defragment the swap file the first time the program runs. It will run much faster after its initial run.