XP Swap File Defrag
(XP Only)

Click on the link to PageDefrag:

http://www.sysinternals.com/Utilities/PageDefrag.html
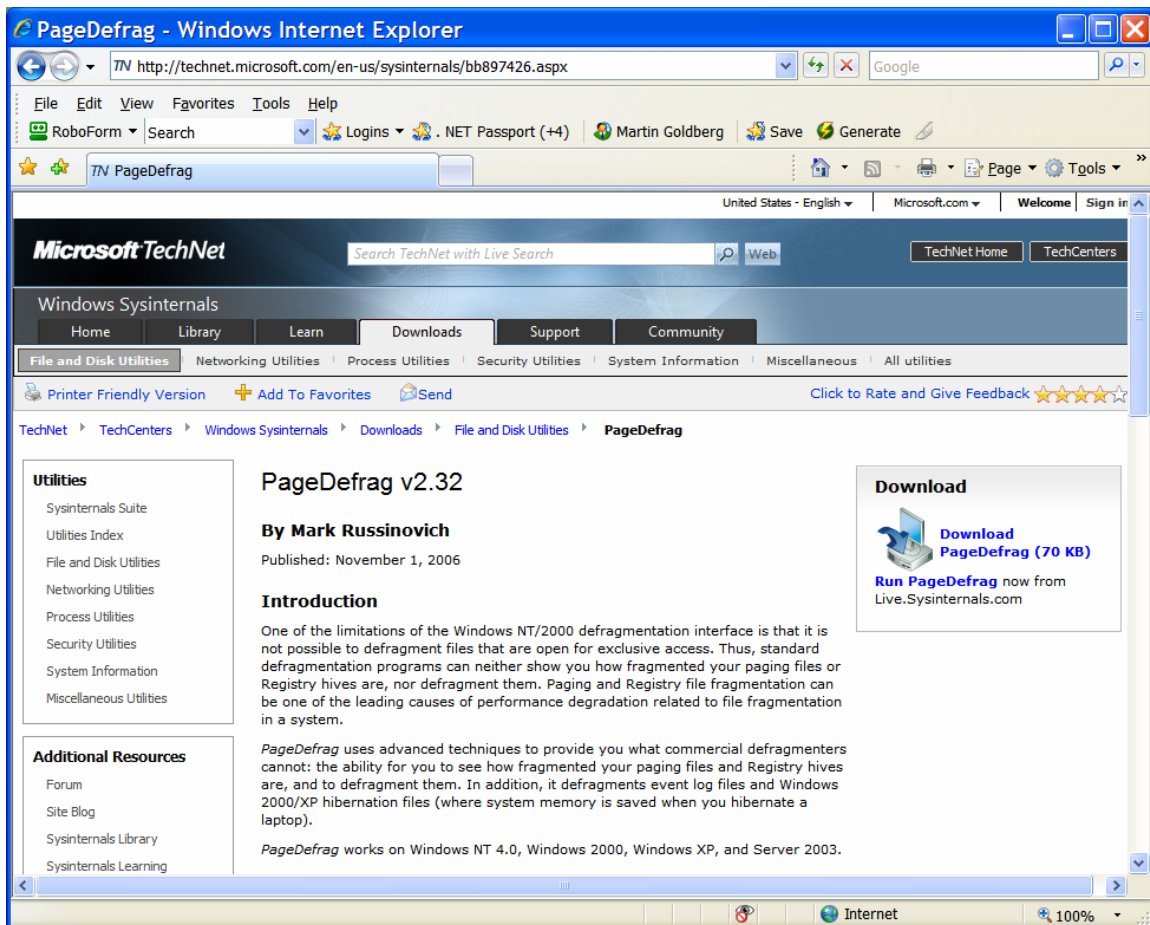
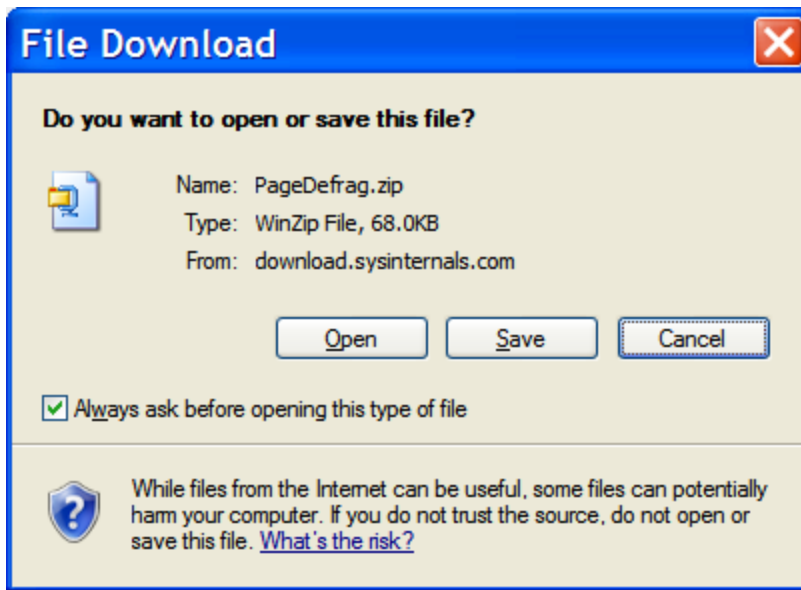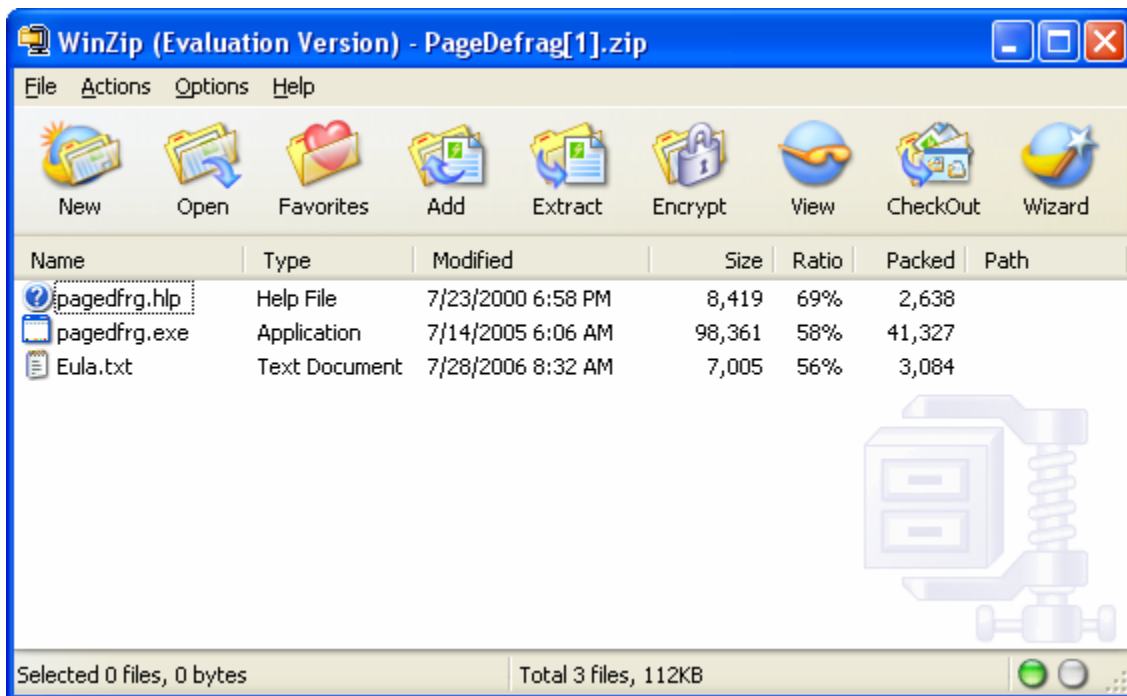You should see:

Click on the Download button. You should see:
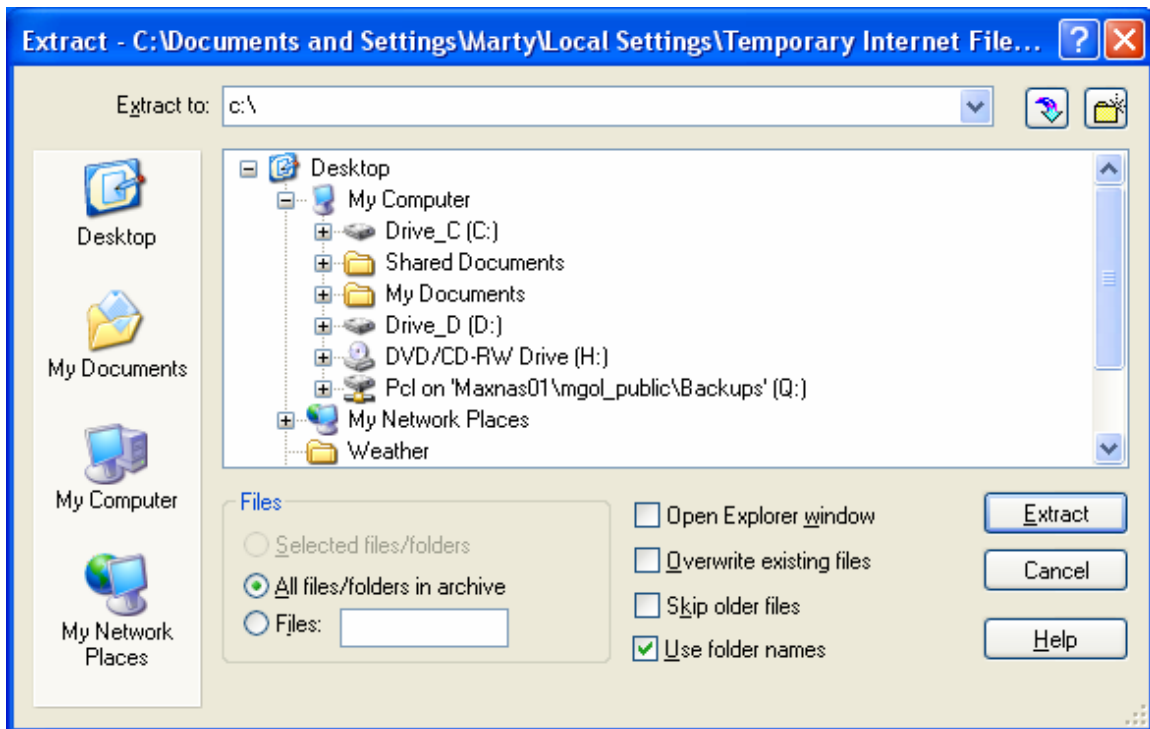
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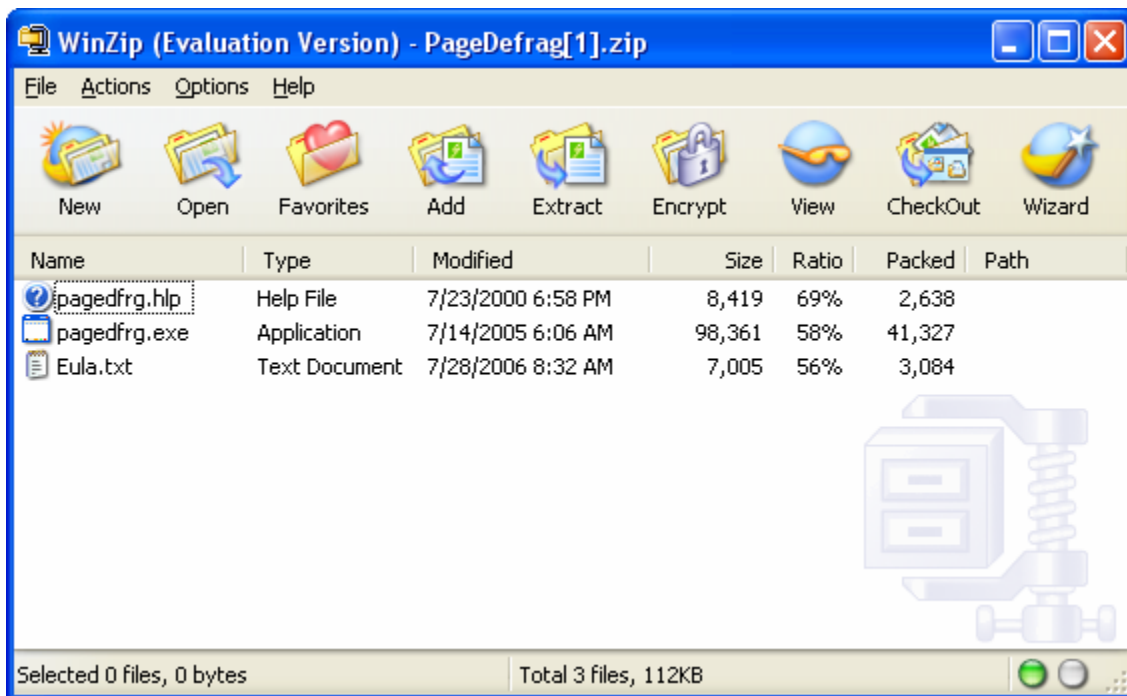Click on Open. You should see:

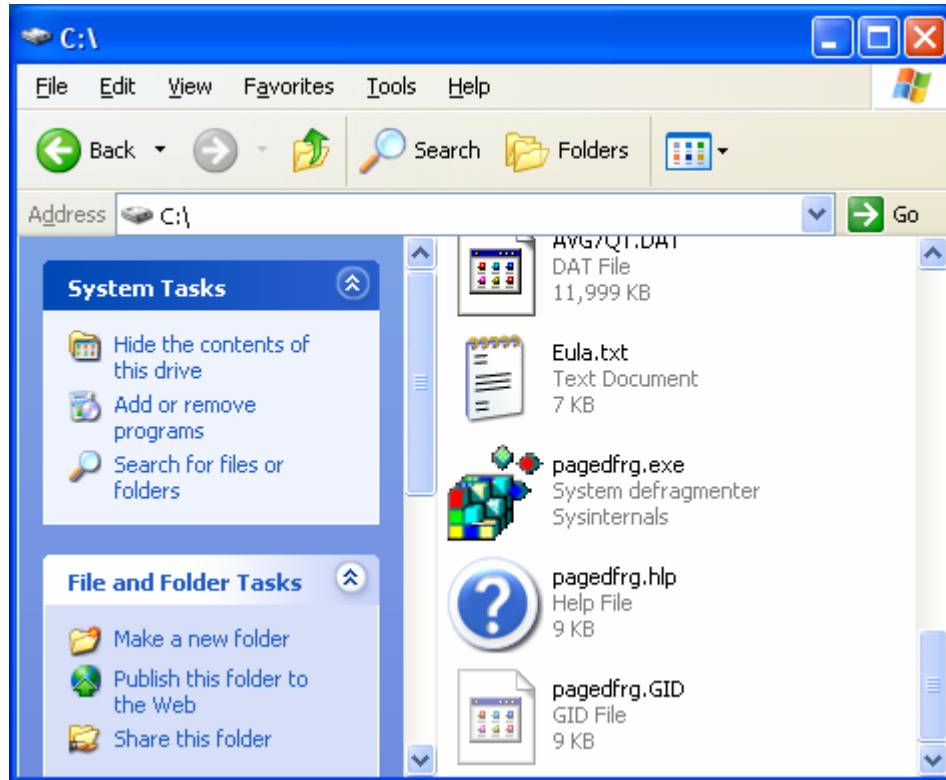Click on the extract icon. You should see:

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

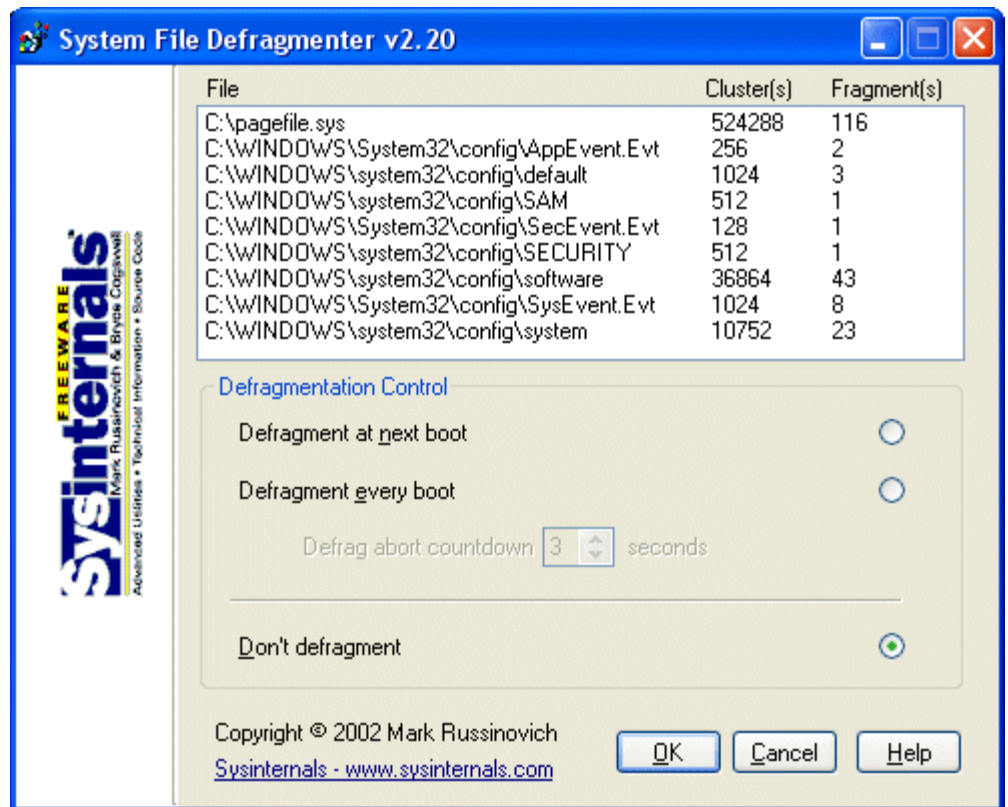Close the Window.

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

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

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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.