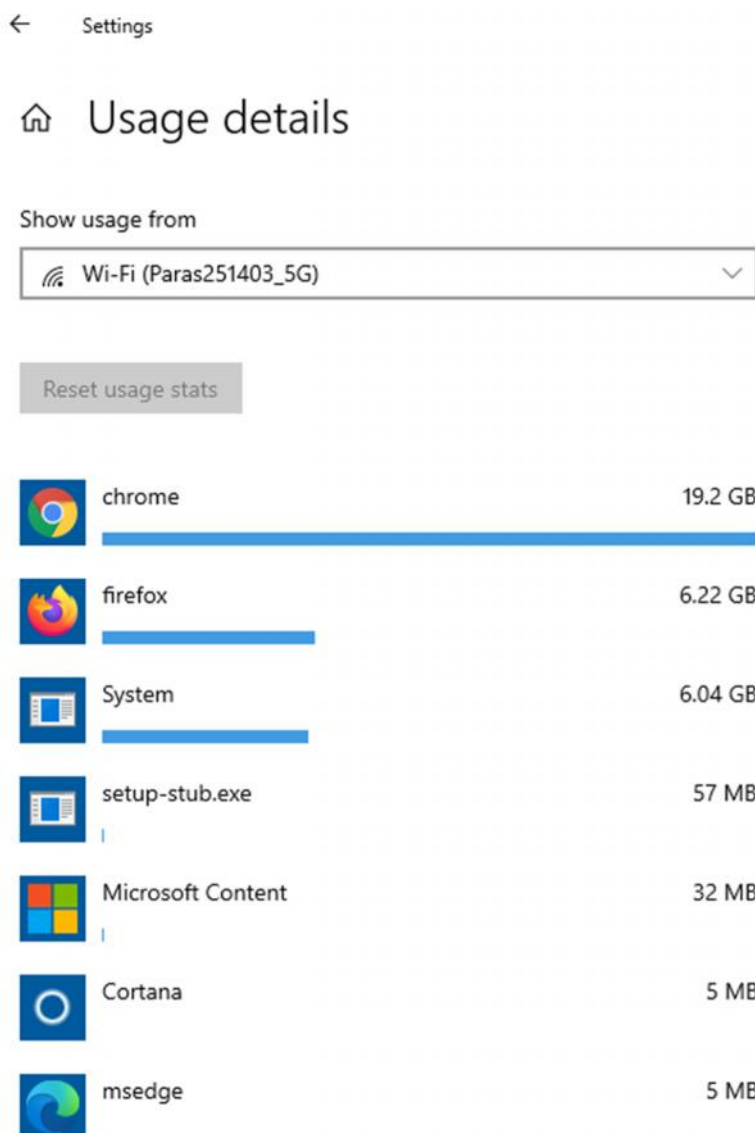


Reduce Data Consumption on Windows OS

- Difficulty Level : [Easy](#)
- Last Updated : 08 Jan, 2022

On a Windows machine, there is an option of “Data usages” settings to monitor your network consumption and avoid going over your data plan when using a limited internet connection. Windows introduced so many features like a built-in network traffic monitor for your system.



1. Set Data Limit

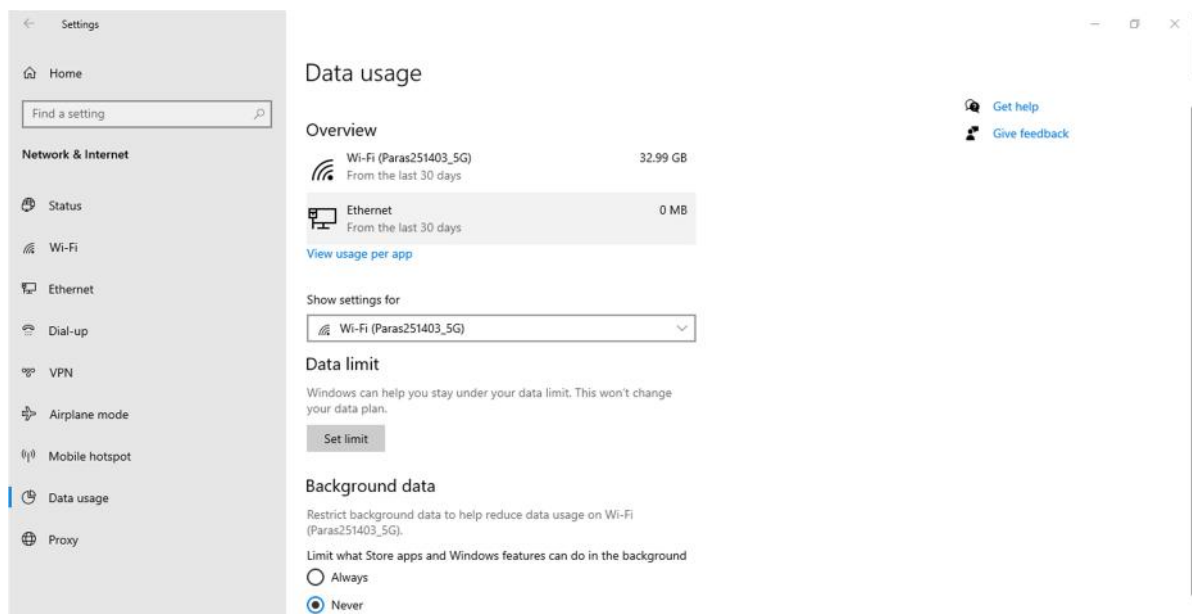
Step 1: Open **Window Settings**

Step 2: Click on **Network & Internet**.

Step 3: Click on **Data Usage**

Step 4: Select the wireless or wired network adapter from the “**Show settings**” menu as per your requirement.

Step 5: Set the limit on the data usages by clicking the **Set Limit** button under “**Data limit**”.



Step 6: Select the limit type from **Monthly**, **One time**, and **Unlimited**. Then set the data limit and click on **Save**.

Set data limit

Limit type

- ☒ Monthly
☐ One time
☐ Unlimited

Monthly reset date

Data limit

Unit

Save

Cancel

This will set your network adapter as **metered** and pause other activities like backup.

2. Turn off Background Data usages

Restricting the usage of data by background applications, not in use currently can also reduce data consumption on a limited network. To do so follow the below steps:

Step 1: Open **Window Settings**

Step 2: Click on **Network & Internet**.

Step 3: Click on **Data Usage**.

Step 4: Under the Background data section you can set a limit on data usages by the Windows and store app features as shown below:

Background data

Restrict background data to help reduce data usage on Wi-Fi (Paras251403_5G).

Limit what Store apps and Windows features can do in the background

☐ Always

☒ Never

3. Restrict Background Applications from Using Data

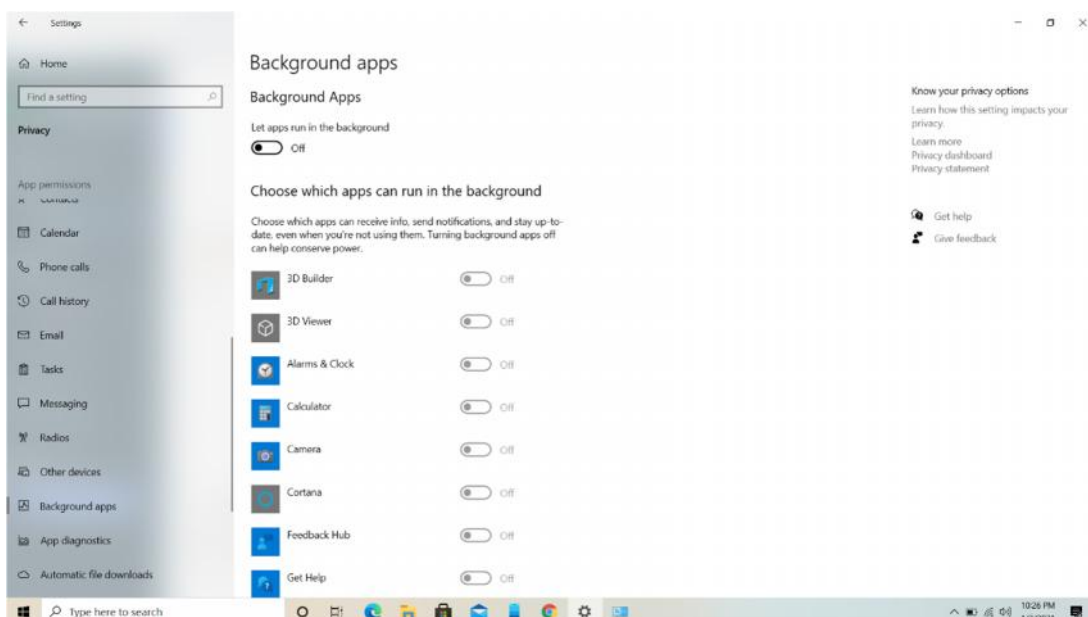
You can specifically restrict selected applications from using data in the background. To do so follow the below steps:

Step 1: Open **Window Settings**

Step 2: Click on **Privacy**.

Step 3: Click on **App Permissions**

Step 4: Select the apps you want not to run in the background from the **“Background apps”** section as shown below:



4. Disable Settings Synchronization

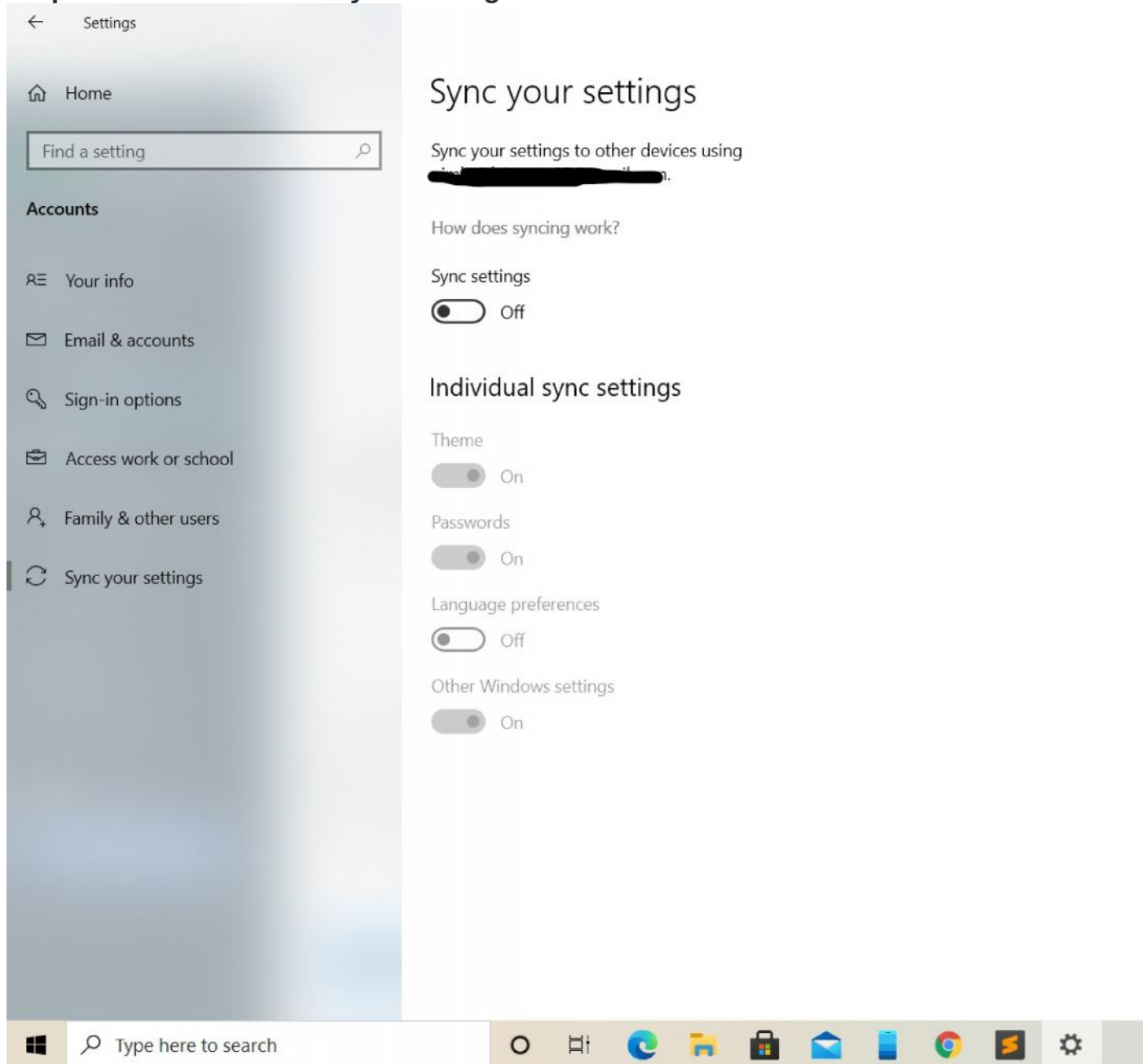
You can disable the synchronization of your machine with the cloud. To do so follow the below steps:

Step 1: Open **Window Settings**

Step 2: Click on **Accounts**.

Step 3: Click on **Sync your settings**.

Step 4: Select off under “**sync settings**” as shown below:



5. Turn Off Microsoft Store Update

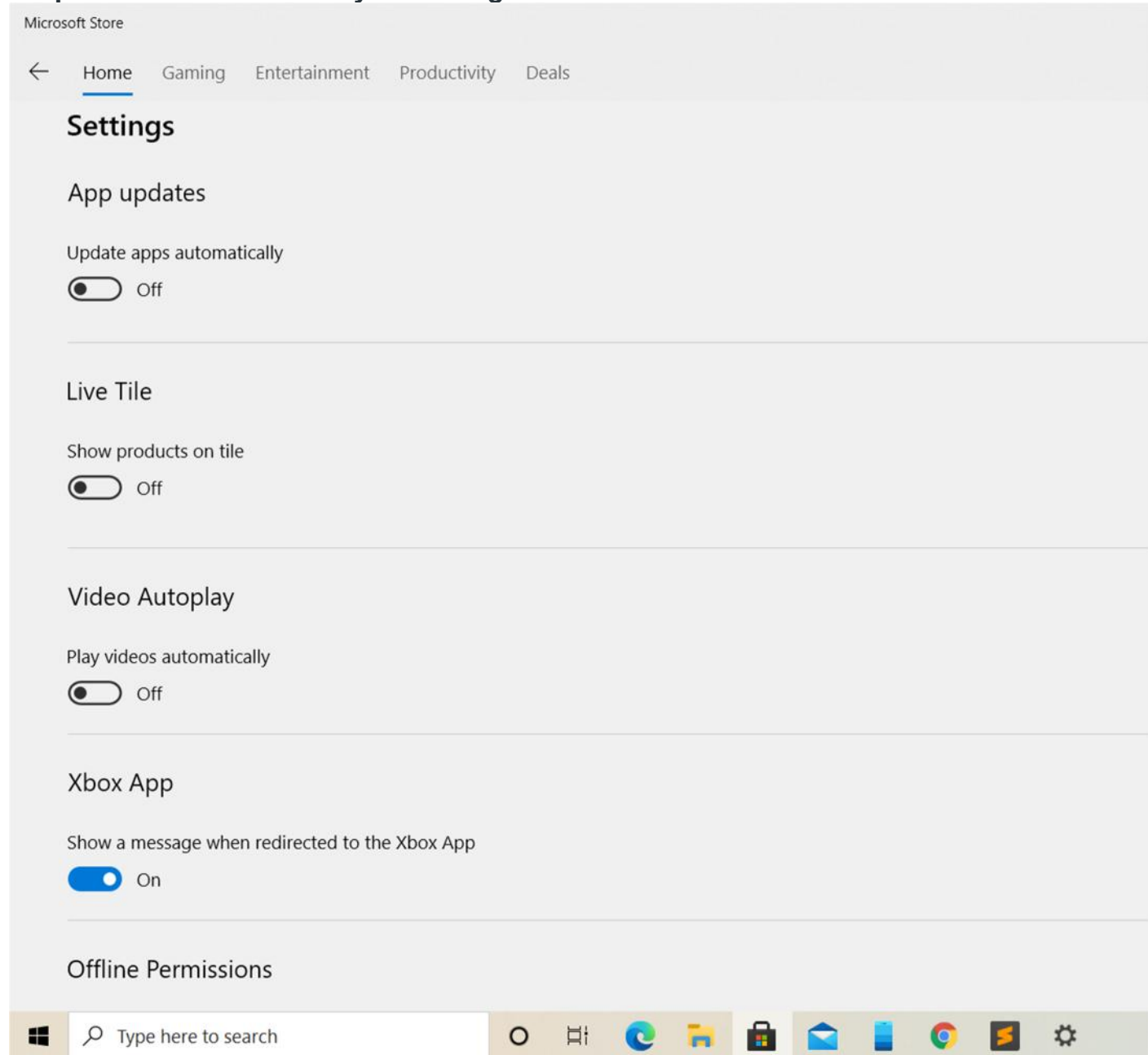
You can turn off the Microsoft Store Update by following the below steps: t

Step 1: Open **Microsoft Store**.

Step 2: Click on **Accounts**.

Step 3: Set off the button under “**App updates**” as shown below:

Step 4: Select off under “**sync settings**” as shown below:



6. Pause Windows Updates

This also consumes a large amount of data. To turn off Windows automatic update follow the below steps:

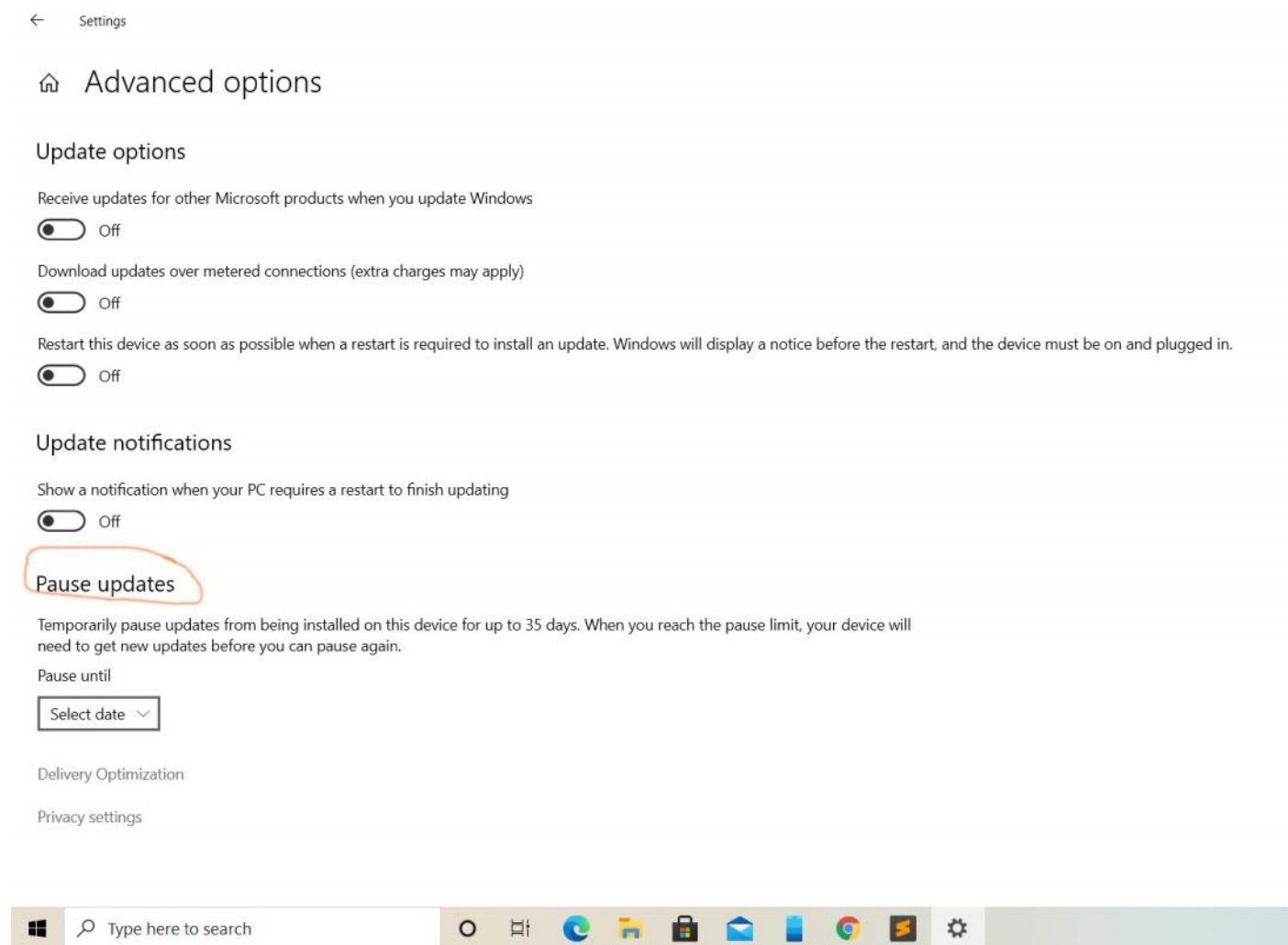
Step 1: Open **Window Settings**.

Step 2: Click on **Update & security**.

Step 3: Click on **Windows update**.

Step 4: Click on **Advance options**.

Step 5: In the “**Update options**” select the button under “**Pause updates**” and set the duration for which the updates will be paused as shown below:



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