

Forum:[Hack Forums](#)

Thread: [CPU high temps](#)

Hipster Ariel - June 17, 2020, 9:28 am

Hey guys, I wanted some of you're opinions.

My friend is getting high CPU temps even when not gaming or running programs, he also has fps drops when playing COD or LOL which he shouldn't be getting with his specs.

We think it might be due to CPU bottle-necking the GPU but I wanted to check in and see if anyone else has any other theories.

Important:

- Malwarebytes Scan is clean.
- Already cleaned and re applied thermal paste to CPU.
- GPU fans are not pointing toward CPU

Specs:

Spoiler [\(Click to View\)](#)

Idle temps:

Spoiler [\(Click to View\)](#)

Temps running Runelite

Spoiler [\(Click to View\)](#)

shredder - June 17, 2020, 11:19 am

What kind of cooler is he using?

Hipster Ariel - June 17, 2020, 12:06 pm

(Jun 17, 2020 11:19 AM)shredder Wrote: [\[CITE\]](#) What kind of cooler is he using?
The cooler that came with the CPU with new thermal paste.

shredder - June 17, 2020, 12:12 pm

(Jun 17, 2020 12:06 PM)Hipster Ariel Wrote: [\[CITE\]](#) The cooler that came with the CPU with new thermal paste.

You mean stock intel cooler?

Hipster Ariel - June 17, 2020, 4:13 pm

(Jun 17, 2020 12:12 PM)shredder Wrote: [\[CITE\]](#) You mean stock intel cooler?
Exactly

webdev77 - June 17, 2020, 5:36 pm

There are probably running processes causing CPU usage even when the computer is said to be idle. The under load temps are perfectly normal. Doesn't seem like anything is wrong.

shredder - June 17, 2020, 6:45 pm

The intel stock cooler isn't that great, I use the 4770k before on stock cooler those temperatures are close to normal. Also you might be using too much thermal paste/too little. So that can also be a

factor.

Hipster Ariel - June 18, 2020, 7:16 am

(Jun 17, 2020 05:36 PM)webdev77 Wrote: [\[CITE\]](#) There are probably running processes causing CPU usage even when the computer is said to be idle. The under load temps are perfectly normal. Doesn't seem like anything is wrong.

Temps when playing a heavier game (Call of Duty) go up to 85° and Higher, and he also has FPS drops from time to time, even when playing League of Legends which I wouldn't think should be a problem at all for that GPU at least.

(Jun 17, 2020 06:45 PM)shreder Wrote: [\[CITE\]](#) The intel stock cooler isn't that great, I use the 4770k before on stock cooler those temperatures are close to normal. Also you might be using too much thermal paste/too little. So that can also be a factor.

Yeah my theories were between stock cooler not being great of CPU bottle necking GPU but not sure.

shreder - June 18, 2020, 9:30 am

(Jun 18, 2020 07:16 AM)Hipster Ariel Wrote: [\[CITE\]](#) Temps when playing a heavier game (Call of Duty) go up to 85° and Higher, and he also has FPS drops from time to time, even when playing League of Legends which I wouldn't think should be a problem at all for that GPU at least.

Yeah my theories were between stock cooler not being great of CPU bottle necking GPU but not sure.

Even if it was bottlenecking the GPU Has nothing to do with the temperature.

Arnes19 - June 18, 2020, 4:12 pm

I would change out the CPU fan and make sure that there are no other processes running in the background when in idle.

shreder - June 18, 2020, 4:20 pm

(Jun 18, 2020 04:12 PM)Arnes19 Wrote: [\[CITE\]](#) I would change out the CPU fan and make sure that there are no other processes running in the background when in idle.

he can't it's intel stock cooler

Yac1ne - June 19, 2020, 2:23 am

Try to check task manager in idle to see if there are any other processes using up the cpu

Velma - June 19, 2020, 2:26 am

try new thermal paste and new cooler and if that does not work launch up a game and check whats happening in task manager might give you a better idea on whats going on also what type of fan configuration do you have you would want a positive air flow not a negative one.

SIM-4764190 - June 28, 2020, 2:41 pm

i would try using an external os (operating system) / (like an os installed on a usb), and record the temperatures while on that os.

it could be due to some program using alot of task resource on your current operating system.

xesports - June 29, 2020, 3:08 pm

I'd advise simply obtaining a new computer

shreder - June 29, 2020, 4:16 pm

No all he needs is a proper cooler and proper airflow in his case.

SIM-4771616 - July 7, 2020, 4:06 pm

I7 4000 series ? They are not part of the Intel CPU series that have some TIM between the IHS and the Core ? 2nd generation i3s, i5s and i7s (LGA 1155) are soldered. All LGA 2011 (3820, 3930K, 3960X, 3970X, 4820K, 4930K, 4960X and Xeons) and LGA 2011-3 (5820K, 5930K, 5960X, 6800K, 6850K, 6950X and Xeons) CPUs are soldered , so yeah it's because there is TIM under the IHS , you can try a delid at your own risk , and try to apply some better TIM or even liquid metal stuff if you're careful cause it can cause shorts.