

SYSTEM MAINTENANCE

Zengar[®] recommends performing the following maintenance on your system routinely and in preparation for a software update or ZenConnect:

1. Set aside enough time to complete the process

Plan to remain with the system during the process to allow for any prompts that may occur, and always have your system connected to the power supply during the entire update process.

2. Confirm at least 20GB is free and available on your SSD/HD

Custom media files can be moved to an external drive/microSD card if available. To check how much disk space is available on your system, type **disk space** in Windows search and press **Enter**.

3. Check for and complete all Windows updates

[Click here](#) for instruction on how to update Windows 10 & Windows 11.

If your system is eligible for the upgrade to Windows 11, please see https://neuroptimal.com/microsoft-windows-11-update/#win_11 for important information regarding the upgrade and instructions on how to perform it. After completing the upgrade, a ZenConnect is recommended for a Zengar[®] technician to confirm that all Windows settings are correct and to complete some minor finishing touches.

4. Run Disk Cleanup

[Click here](#) for instructions on how to perform a Disk Cleanup.

5. Reboot the system

6. Initiate the ZenConnect or update process if desired

ZenConnect is not required for the update process. Never stop an update in progress. Leave your system connected to the power supply and make sure your zAmp is connected when initiating a ZenConnect.

The system maintenance processes outlined in this document are accurate at the time of publication. However, due to evolving technology and system updates, procedures may change. For the latest information, refer to the [Tech FAQ page](#).