Turn off X-Box and Gaming in Windows 10

Hit Start Button and Open Settings (the wheel).

Click into "Gaming"

← Settings		-	×
බ Home	Game bar		
Find a setting ρ	Control how Game bar opens and recognizes your game		
Gaming	Record game clips, screenshots, and broadcast using Game bar Off		
त्मे Game bar	Open Game bar using this button on a controller: 🌢		
Captures			
⑦ Game Mode	Keyboard shortcuts		
Xbox Networking	Open Game bar Windows shortcut Win+G Your shortcut		
	Start/stop recording Windows shortcut Your shortcut Microphone on/off Windows shortcut Your shortcut Start/pause broadcast Windows shortcut Win+Alt+B Your shortcut		

Turn off "Record game clips, screenshots and broadcast using Game bar" Now, pick "Captures" on the left menu



Turn off "Background recording" and "Recorded Audio" if you have it.

Select "Game Mode" on the left menu.



Turn "Game Mode" off.

Now close Settings.

Hit the Start button and scroll the menu down to "Windows Administrative Tools" folder;



and pick "Services"

🔍 Services					- 0	×
File Action View	<u>H</u> elp					
	I II I▷					
🔍 Services (Local)	Services (Local)					
	Select an item to view its description.	Name	Description	Status	Startup Type	Log ^
		Windows Push Notification	This service	Running	Automatic	Loci
		Windows Push Notification	This service	Running	Automatic	Loci
		Windows PushToInstall Serv	Provides inf		Manual (Trig	Loci
		Windows Remote Manage	Windows Rem	ote Manage	ement (WinRM) se	ervice imp
		Windows Search	Provides co	Running	Automatic (Loci
		Windows Security Service	Windows Se	Running	Manual	Loci
		🔅 Windows Time	Maintains d	1000	Manual (Trig	Loci
		🥋 Windows Update	Enables the	Running	Manual (Trig	Loci
		🖏 Windows Update Medic Ser	Enables rem	Running	Manual	Loci
		🥋 WinHTTP Web Proxy Auto	WinHTTP i	Running	Manual	Loci
		🥋 Wired AutoConfig	The Wired A		Manual	Loci
		🥋 WLAN AutoConfig	The WLANS	Running	Automatic	Loci
		🍓 WMI Performance Adapter	Provides pe		Manual	Loci
		🥋 Work Folders	This service		Manual	Loci
		🎑 Workstation	Creates and	Running	Automatic	Net
		🥋 WWAN AutoConfig	This service		Manual	Loci
		🖏 Xbox Accessory Manageme	This service		Manual (Trig	Loci
		🆏 Xbox Live Auth Manager	Provides au	Running	Manual	Loci
		🆏 Xbox Live Game Save	This service		Manual (Trig	Loci
		Kbox Live Networking Service	This service	Running	Manual	Loci
		<				>
	Extended Standard					

scroll on the right side all the way down to see the "Xbox" services.

Double Click on each "Xbox" Service and switch to "Manual" to "Disabled" Starting type.

erierai	Log On	Recovery	Dependencies				
Service	name:	XboxGipSv	/C				
Display name:		Xbox Accessory Management Service					
Descrip	tion:	This service manages connected Xbox Accessories.					
Path to C:\WIN	executabl	le: ystem32\svo	host.exe -k netsvcs -p				
Startup type:		Manual		~			
Service	status:	Stopped					
2	<u>S</u> tart	Stor	<u>P</u> ause	<u>R</u> esume			
You ca from he	n specify t re.	he sta <mark>r</mark> t para	meters that apply when you	start the service			
Start na	ara <u>m</u> eters:						

click "OK"

If service is "Running" then click "Stop" first.

eneral	Log On	Recovery	Dependencies	
Service	name:	XboxNetA	biSve	
Display	name:	Xbox Live	Networking Service	
Descrip	tion:	This service supports the		
		Windows.	Networking. Abox Live application	~
Path to	executabl	e:		
C:\WIN	DOWS\s	ystem32\svo	chost.exe -k netsvcs -p	
Startup type:		Manual		
Service	status:	Running		
0	<u>S</u> tart	Stop	<u>P</u> ause <u>R</u> es	ume
You car from he	n specify t re.	he start para	meters that apply when you start the	service
Start pa	ara <u>m</u> eters:			

and then change Startup Type to "Disabled"

eneral	Log On	Recovery	Dependencies		
Service	name:	XboxNetA	biSvc		
Display name:		Xbox Live	Networking Service		
Description:		This service supports the Windows.Networking.XboxLive application			
Path to C:\WIN	executabl	le: ystem32\svo	chost.exe -k netsvcs -p		
Startup typ <u>e</u> :		Disabled		~	
Service	status:	Stopped			
2	<u>S</u> tart	Stor	<u>P</u> ause	<u>R</u> esume	
You ca from he	n specify t re.	he start para	meters that apply when you	start the service	
Start pa	ara <u>m</u> eters:				

Click ok and do all the Xbox services and then close.

Services					- 0	×
File Action View	<u>H</u> elp					
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Services (Local)	Services (Local)	e				
	WWAN AutoConfig Start the service Description: This service manages mobile broadband (GSM & CDMA) data card/embedded module adapters and connections by auto-configuring the networks. It is strongly recommended that this service be kept running for best user experience of mobile broadband devices.	Name	Description	Status	Startup Type	Log ^
		Windows Push Notification Windows Push Notification Windows PushToInstall Serv Windows PushToInstall Serv	This service This service Provides inf Windows R	Running Running	Automatic Automatic Manual (Trig	Loci Loci Loci Neti
		Windows Search Windows Security Service Windows Time Windows Update Windows Update Medic Ser WinHTIP Web Proxy Auto Wired AutoConfig WLAN AutoConfig WLAN AutoConfig WMI Performance Adapter WMI Performance Adapter	Provides co Runnin Windows Se Runnin Maintains d Enables the Runnin Enables rem Runnin WinHTTP i Runnin The Wired A The WLANS Runnin Provides pe This service	Running Running Running Running Running	Automatic (Manual Manual (Trig Manual (Trig Manual Manual Automatic Manual Manual Manual	Loci Loci Loci Loci Loci Loci Loci Loci
		Workstation WWAN AutoConfig Xbox Accessory Manageme Xbox Live Auth Manager Xbox Live Game Save Xbox Live Networking Service	Creates and This service This service Provides au This service	Running	Automatic Manual Disabled Disabled Disabled Disabled	Neti Loci Loci Loci Loci V
	Extended Standard					

Now you have just a little more speed and processing power to do the work you intended your work pc to do!