

How to Disable Hibernation and Delete “hiberfil.sys” in Windows 7

The hibernation file is called hiberfil.sys and it's under the root of the system drive. It's the file that system writes the contents of physical memory to when you put the computer to hibernation. The size is usually the size of your physical memory

For a Core i7 machine with 9 GB of total memory, the hiberfil.sys is about 7 GB which takes up a lot of space. If you use the power options in Control Panel, you can turn off hibernation, however, the hibernation file remains.

To disable hibernation and delete the hibernation file, you have to use powercfg command line tool. Follow these steps.

1. Open up a command prompt, and enter...

```
powercfg -h off
```

2. That's it. If you ever want to turn it back on. Just open a command prompt again, and enter...

```
powercfg -h on
```



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