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# Fixing Issues with Fast Startup- & Restart

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## Introduction

There is a clear difference between shutting down your PC and doing a Restart, below is a practical breakdown of the difference between **Shut Down** and **Restart** in Windows 11 — and why it matters more than you would think.

## Shut Down vs. Restart in Windows 11

### 1. Shut Down

When you choose **Shut down**, Windows 11:

- Closes all apps and logs you out
- Saves the current system state to disk using a feature called Fast Startup
- Turns off the computer

**What this means:**

- Your PC *looks* fully off, but the Windows kernel session is actually **hibernated**, not freshly reset.
- This makes the next boot faster.
- But it also means some deeper system issues **do NOT get cleared**.

**Good for:**

- Ending your day
- Saving power
- Normal use when everything is working fine
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## 2. Restart

When you choose **Restart**, Windows 11:

- Closes all apps
- **Fully resets the Windows kernel**
- **Does NOT use Fast Startup**
- Reboots the system from scratch

What this means:

- You get a cleaner, more complete reset of Windows
- Drivers reload properly
- Updates finish installing
- Troublesome processes are cleared

Good for:

- Fixing glitches
- Completing updates
- Solving driver issues
- Troubleshooting weird behaviour

## Why Restart Fixes Problems but Shut Down Often Doesn't

Because **Shut down uses Fast Startup**, it doesn't fully reset the system.

Restart **always** performs a full reset.

This is why tech support always says:

**"Try restarting your PC."**

## Quick Comparison Table

Action	Kernel Reset?	Uses Fast Startup?	Best For
<b>Shut Down</b>	✗ No	✓ Yes	Daily power-off, saving energy
<b>Restart</b>	✓ Yes	✗ No	Fixing issues, updates, driver resets

It is possible to disable the Fast Startup option so that a shut down acts in the same way as a Restart

## How to Disable Fast Startup in Windows 11

### Method 1: Through Control Panel (most common)

1. Open Control Panel
  - Press Windows key, type Control Panel<sup>1</sup>, and open it.
2. Go to Power Options
  - Select Hardware and Sound
  - Click Power Options
3. Open Shutdown Settings
  - On the left, click Choose what the power buttons do
4. Unlock the settings
  - Click Change settings that are currently unavailable
    - This allows you to modify shutdown behaviour.
5. Disable Fast Startup
  - Under Shutdown settings, uncheck:
    - Turn on fast startup (recommended)
6. Save
  - Click Save changes

That's it — now **Shut Down = full shutdown**, just like Restart.

### Method 2: Disable Fast Startup via Registry (advanced)

This method involves changing the Registry and should only be attempted if you have had experience in modifying the Registry before. A mistake can cause massive problems. So do not attempt this method if you are unsure

1. Press **Win + R**, type regedit, press Enter
2. Go to:  
HKEY\_LOCAL\_MACHINE\SYSTEM\CurrentControlSet\Control\Session Manager\Power
3. Find **HiberbootEnabled**
4. Set its value to **0**

**Ref1:** *The Control Panel is just another way of accessing SETTINGS*

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<sup>1</sup> The control panel is just another way of accessing the settings

## What changes after disabling Fast Startup?

Feature	With Fast Startup	Without Fast Startup
Kernel reset	✗ No	✓ Yes
Boot speed	Faster	Slightly slower
Troubleshooting reliability	Lower	Higher
Shutdown behaviour	Hybrid (partial hibernate)	Full shutdown

If you're troubleshooting drivers, BIOS issues, or weird Windows behaviour, disabling Fast Startup is often the right move — and given your interest in system-level tinkering, it gives you more predictable control over your machine.

## How to Confirm Fast Startup Is Fully Disabled

### Check the Control Panel Setting

1. Open Control Panel
2. Go to Hardware and Sound → Power Options
3. Click Choose what the power buttons do
4. Click Change settings that are currently unavailable
5. Look at Turn on fast startup

If the box is unchecked, Fast Startup is OFF.