

What is this vmmem program that is using up all my CPU and memory?

 devblogs.microsoft.com/oldnewthing/20180717-00

July 17, 2018



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Say you're minding your own business and you discover that this process called `vmmem` is using up all your memory and CPU. What is this guy and how do you make him stop?

The `vmmem` process is a virtual process that the system synthesizes to represent the memory and CPU resources consumed by your virtual machines. In other words, if you see `vmmem` consuming a lot of memory and CPU resources, then that means your virtual machines are consuming a lot of memory and CPU resources.

If you want to make it stop, shut down your virtual machines.

Bonus chatter: Strictly speaking, what it actually represents is the resources of the *other* virtual machines, since Windows itself is running in a virtual machine under the hypervisor. You may not be explicitly using the hypervisor, but some other features are built on top of the hypervisor.

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