

“I do not use hibernation in Windows 11 so how do I turn it off and delete the hibernation file thus releasing disk space?” (ChatGPT AI response to Timo Salmi, 6-Aug-2026)

If you never use hibernation, you can safely disable it. Doing so also deletes the **hiberfil.sys** file, which can free several gigabytes of disk space.

Method 1 (recommended): PowerShell or Command Prompt

1. Open **Windows Terminal (Admin)**, **PowerShell (Admin)**, or **Command Prompt (Admin)**.
2. Run: **powercfg /hibernate off**

That's all. Windows will:

- Disable hibernation.
- Remove the hidden **C:\hiberfil.sys** file.
- Free the disk space it occupied.

To verify the setting: `powercfg /a`

This lists the sleep states available on your computer. If hibernation is disabled, it will report that the **Hibernate** state is unavailable because it has been disabled.

If you ever want it back

Run: `powercfg /hibernate on`

Windows will recreate **hiberfil.sys**.

How much space will you recover?

The size of **hiberfil.sys** depends on your installed RAM. Typical examples:

Installed RAM Approximate hiberfil.sys size

8 GB	3–6 GB
16 GB	6–12 GB
32 GB	12–24 GB

A note about Fast Startup

Disabling hibernation also disables **Fast Startup**, because Fast Startup uses the hibernation mechanism.

If you rarely shut down your PC and usually use **Sleep** or simply leave it running, you probably won't notice any difference. The only change is that Windows performs a full boot after a shutdown instead of using Fast Startup.

If you're curious how much space **hiberfil.sys** currently occupies before deleting it, I can also show you a PowerShell command to display its exact size:

Here are a few ways to check the current size of **hiberfil.sys**.

Method 1: PowerShell (recommended)

Open **PowerShell** and run:

```
Get-Item C:\hiberfil.sys -Force | Select-Object Name,  
    @{"Name="Size (GB)";Expression={[math]::Round($_.Length/1GB,2)}}
```

Example output:

Name	Size (GB)
-----	-----
hiberfil.sys	6.39

Method 2: More detailed PowerShell output

```
Get-Item C:\hiberfil.sys -Force | Format-List Name,Length,CreationTime,LastWriteTime
```

This displays the exact size in bytes together with the file's timestamps.

Method 3: Command Prompt

```
dir C:\hiberfil.sys /a
```

The /a switch tells dir to include hidden and system files.

If the file is already gone

If you have already run: `powercfg /hibernate off`

then the file will no longer exist, and PowerShell will report something like:

Cannot find path 'C:\hiberfil.sys' because it does not exist.

Bonus: You can also see the size of the other major hidden system file, **pagefile.sys**, with:

```
Get-Item C:\pagefile.sys -Force | Select-Object Name,
```

```
@{Name="Size (GB)";Expression={[math]::Round($_.Length/1GB,2)}}
```

Unlike hiberfil.sys, **pagefile.sys** is generally **not recommended to disable**, because Windows uses it for virtual memory and crash dumps.