GET THE MOST OUT OF YOUR SSD: ADJUST WINDOWS 7 SETTINGS

I chose the 840 Evo 250GB for its value / capacity / price

Change your computer's hard drive for an SSD (Solid State Drive) is the best way to rejuvenate a few years, letting you skip loading the operating system in a minute to do it in just 15 seconds; thanks to the speed of read / write access to the programs is almost instantaneous.

Disks SSD, being immune to shock and vibration, are especially recommended for laptops, as discussed in the previous post on the subject. The best value are the Samsung and Crucial (for less than 100 € 250GB -4/06/14).

But not all advantages over traditional disk drives, SSDs will degrade as they are performing write operations on them (the current economic with memories TLC are guaranteed to withstand 1000 operations minimum cell) so it is recommended conducting a series of adjustments that Windows does default to extend as far
as possible their lifespan (e.g., Windows 7, Windows XP use these discs is malograrlos unless you make further adjustments).

And if you use the Samsung RAPID software, get these speeds (Source)

Still, we can be optimistic; according to calculations by AnandTech, and other dedicated testers in hardware.info, for example Samsung's hard drive, memory using lower quality TLC NAND provides the estimated duration 70 years of use, recording 10 GB of data to day (quite aggressive for a personal average use), so it can be fairly quiet even downloading 30 GB of data per day have a life without errors estimated in 24 years!!
These settings are detailed below (and you better read them before installing the OS to your SSD), although, if you are lucky enough to have bought a Samsung SSD installing the "Samsung Magician" application will be able to apply these recommended changes to optimizes the operating system Windows, make it faster and further extend the life of the SSD, quickly and easily. Also this program includes a testing tool, and the option to set a part of the capacity of "spare" (this is unnecessary if we leave more than 15% of empty space).

A program that should include all SSDs

Source: http://crecimiento-sostenible.blogspot.in/2015/02/make-most-of-your-ssd-adjust-windows-7.html