Real-time Disk Optimization in Parallels Desktop for Mac

- Parallels Desktop for Mac Standard Edition
- Parallels Desktop for Mac Pro Edition
- Parallels Desktop for Mac Business Edition

Real-time disk optimization is a feature in Parallels Desktop that uses the TRIM command to improve the performance and extend the lifespan of solid-state drives (SSDs).

TRIM is a command that allows a computer operating system to tell an SSD which blocks of data on the drive are no longer needed and can be erased. This helps the SSD to reclaim the freed space and maintain its performance.

Parallels Desktop automatically sends TRIM commands to the SSD when a virtual machine deletes data. This feature is enabled by default if your Mac's primary hard drive is an SSD, and it is available for Windows 11, 10, 8, 8.1, and 7 virtual machines, as well as macOS virtual machines (Intel Mac computers only) starting from 10.8 Mountain Lion.

How to enable TRIM

TRIM is enabled by default in Parallels Desktop, but you can check to make sure by following these steps:

1. Shut down your Windows virtual machine.
   If it is in a suspended state, please run it and then shut down (Actions > Shut Down).

2. Open the **virtual machine's configuration.**

3. Go to **Hardware > Hard Disk > Advanced Settings >** check the **Enable TRIM** option.

How to manage disk optimization settings

You can optimize your Windows virtual machine effortlessly with these simple steps:

1. In Windows 11, 10 or 8.1 virtual machines, click on **Start** button > type **Optimize Drives** > select **Defragment and Optimize Drives**.

2. In the window that comes up, you may run optimization manually **(1)**, and configure disk optimization frequency **(2)**:

3. When Windows triggers the TRIM command for its disks, Parallels Desktop detects this action and adjusts the *.hdd file size accordingly.

You may also reclaim available disk space manually by following instructions from KB114654.

Note: TRIM will not improve the performance of an SSD that is already full, and it will not make an SSD last forever. However, it can be a helpful way to keep an SSD performing at its best.
