

Time Machine and its network-equipped brother, Time Capsule, are superb innovations. They make backup seamless, invisible and easy. They're also slow. Really slow. I've had to wait before I put my MacBook Pro to sleep sometimes while a backup finishes and, of course, the initial backup can literally take days.

Here's how to fix that.

Open a Terminal window, which you'll find in the Utilities folder within the Applications list, and paste in the following, typing your login password when prompted:

```
sudo sysctl debug.lowpri_throttle_enabled=0
```

This command prevents Time Machine's backup process assuming a low CPU priority, allowing backups to complete insanely quickly. In fact, you'll see MB and GBs tick past on the