Virtual Memory Advice for Vista 64 & 8GB of Ram

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- *From*: Max <Max@xxxxxxxxxxxxxxxxxxxxxxxxxx>
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I recently built a new system and did a clean install of Vista Ultimate 64.
The system has 8GB of Physical RAM (DDR2) clocked at 1098 and a E8500 clocked at 3.47 Ghz. Everything is running very stable for a few weeks now.

When I look at the system report I see that Windows is setting up 16GB of Virtual Memory which seems excessive, I can't help but wonder if it wouldn't be better for me to set the VM myself instead of letting Windows handle it; however I have no idea what setting would be optimal? I have a single 740 GB Hard Disk installed, I have listed the Vista system report below.

I did a search for this information and could find very little credible information regarding VM settings for Vista 64 Ultimate using 8GB of Ram.

OS Name Microsoft® Windows Vista" Ultimate
Version 6.0.6001 Service Pack 1 Build 6001
Other OS Description Not Available
OS Manufacturer Microsoft Corporation
System Name My−PC
System Manufacturer Gigabyte Technology Co., Ltd.
System Model X48−DQ6
System Type x64−based PC
Processor Intel(R) Core(TM)2 Duo CPU E8500 @ 3.16GHz, 3477 Mhz, 2 Core(s), 2 Logical Processor(s)
BIOS Version/Date Award Software International, Inc. F6, 2/29/2008
SMBIOS Version 2.4
Windows Directory C:\Windows
System Directory C:\Windows\system32
Boot Device \Device\HarddiskVolume1
Locale United States
Hardware Abstraction Layer Version = "6.0.6001.18000"
User Name Lou−PC\Lou
Time Zone Eastern Daylight Time
Installed Physical Memory (RAM) 8.00 GB
Total Physical Memory 4.00 GB
Available Physical Memory 6.78 GB
Total Virtual Memory 16.1 GB
Available Virtual Memory 14.9 GB
Page File Space 8.29 GB

Page File C:\pagefile.sys

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