

# How I stop PeakHour from launching at startup?

Normally, you can control whether PeakHour launches at startup via **Preferences > General > Launch automatically when computer starts**.

Sometimes, this mechanism can become confused. If you've disabled this setting in Preferences, but PeakHour is still launching at startup, follow these steps:

1. Open Terminal (click the Spotlight / magnifying glass icon in the top-right corner and type **'Terminal'** and hit Enter).
2. Enter the following command in Terminal:

```
~ launchctl list | grep com.digitician.peakhour4.launchAtLoginHelper
-          0          com.digitician.peakhour4.launchAtLoginHelper
```

In the output above, the login helper is present and enabled.

3. To disable and delete the login helper, enter these two commands:

```
~ sudo launchctl stop com.digitician.peakhour4.launchAtLoginHelper
Password:
```

**Note:** Enter your macOS password when prompted.

```
~ sudo launchctl remove com.digitician.peakhour4.launchAtLoginHelper
```