??????????????

```
echo 30 | sudo tee /sys/devices/system/cpu/cpufreq/conservative/down_threshold
echo 1 | sudo tee /sys/devices/system/cpu/cpufreq/conservative/freq_step
echo 2 | sudo tee /sys/devices/system/cpu/cpufreq/conservative/sampling_down_factor
echo 80 | sudo tee /sys/devices/system/cpu/cpufreq/conservative/up_threshold
echo 15000 | sudo tee /sys/devices/system/cpu/cpufreq/conservative/sampling_rate

echo 10000000 | sudo tee /sys/class/powercap/intel-rapl:0/constraint_0_power_limit_uw
echo 12000000 | sudo tee /sys/class/powercap/intel-rapl:0/constraint_1_power_limit_uw



undervolt 0 'CPU' -85
undervolt 1 'GPU' 0
undervolt 2 'CPU Cache' -45
undervolt 3 'System Agent' 0
undervolt 4 'Analog I/O' 0
```

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