

# Sessions tab

## Overview

Use this tab to configure the Tiki options that may affect your overall performance.

### Related Topics




- [Sessions](#)
- [Performance](#)




## To Access




From the [Performance Admin Panel](#) page, click the **Sessions** tab.

## Note




Changing settings on this tab will automatically log you out of your Tiki (after saving the preference).




Option	Description	Default
Silent session	Do not automatically start sessions.  <i>Users will only have a session if they log in. Anonymous users will not have features like Switch Language or Switch Theme (which require a session)</i>  <i>Can cause problems when combined with cookie consent and JavaScript-disabled browsers.</i> 	Disabled
Cache-control header (no session)	Custom HTTP header to use when no session is active	None

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