

# Sessions tab

Related Topics

## Overview

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

- [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	<p>Do not automatically start sessions.</p> <p>↳ <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></p> <p>⚠ <i>Can cause problems when combined with cookie consent and JavaScript-disabled browsers.</i> ⚡</p>	Disabled
Cache-control header (no session)	Custom HTTP header to use when no session is active	None

  

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Cache-control header (no session)	Custom HTTP header to use when no session is active	None