

iPhone Battery Tips

The rechargeable batteries in iPhones should last several years. There are ways to check how your battery is doing, which apps are using the battery and there are settings you can change to make your battery stay charged longer each day.

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Resources:

<https://www.youtube.com/watch?v=UzqYaqiyySE>

<https://www.cnet.com/how-to/11-ways-to-improve-iphone-battery-life-with-ios-11/>

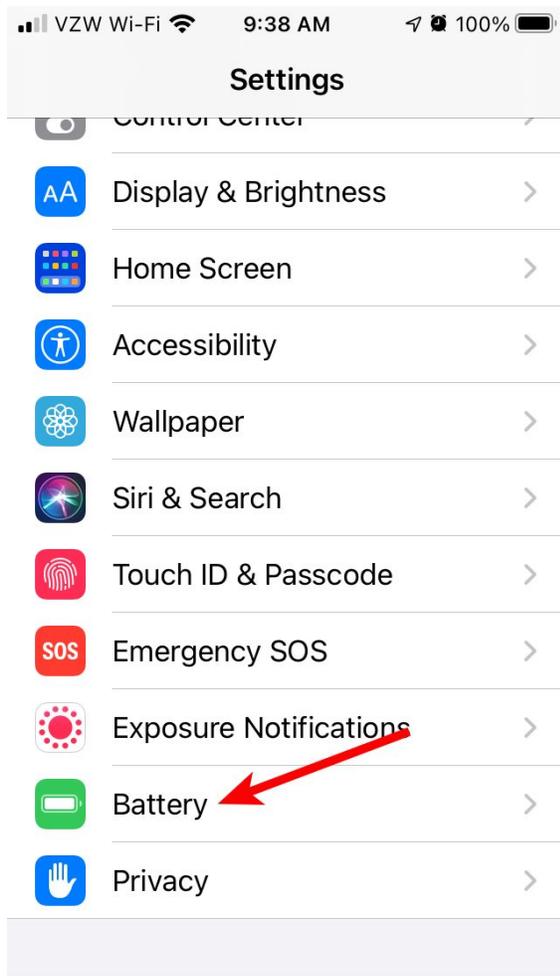
<https://www.apple.com/batteries/maximizing-performance/>

<https://www.pcmag.com/how-to/how-to-save-battery-life-on-your-iphone>

<https://www.iphonelife.com/content/how-to-save-battery-iphone>

Checking Battery Health

Open your Settings app and tap on Battery:





The Battery Percentage switch controls whether the battery percentage is shown on the top of the phone screen. Leave this on.

Low Power Mode is useful if you are running low on battery but need to be able to do phone calls. Turn this on and it disables a variety of background activities. Do not leave this on all the time.

Touch Battery Health to see more details on how your battery is doing:

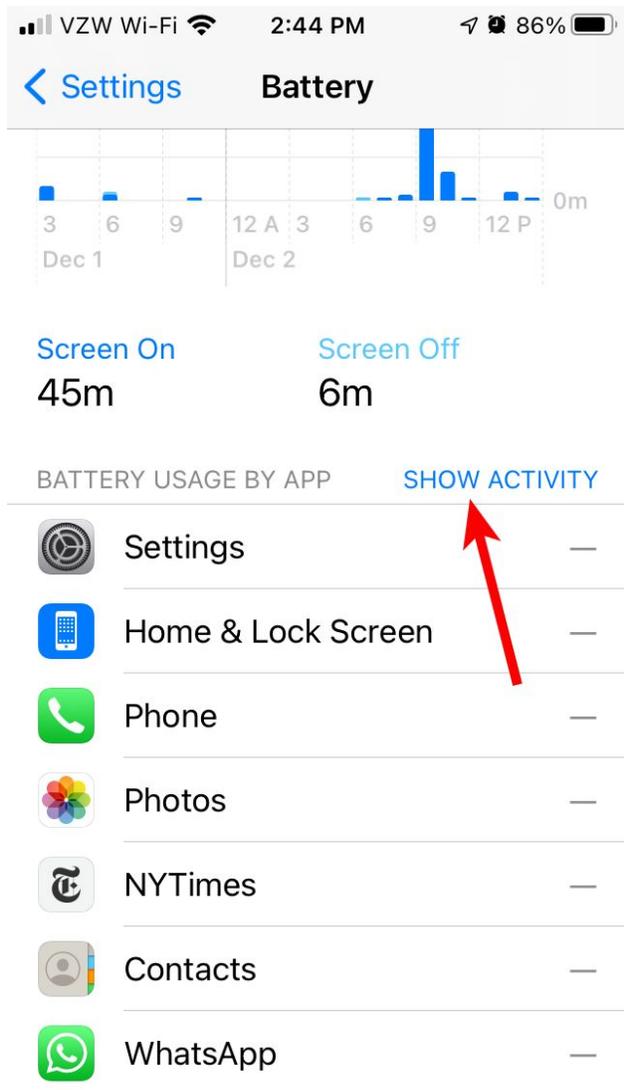


The Maximum Capacity is an indication of your overall battery health. When this falls below 80%, you may need to charge your phone more often and may want to consider replacing the battery.

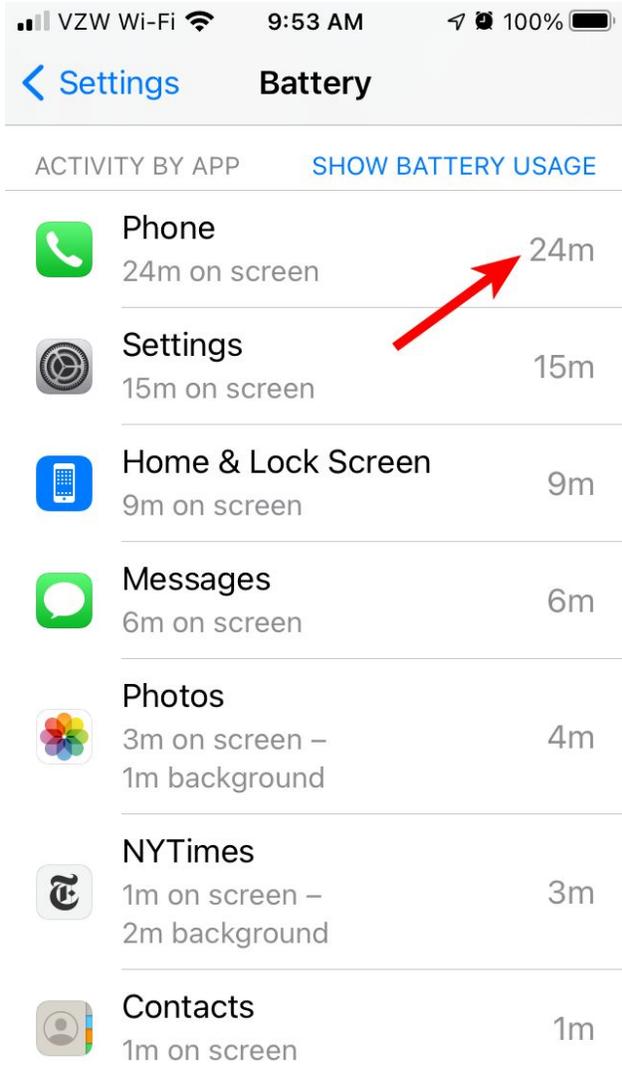
Peak Performance Capability indicates if the iPhone is slowing itself down because it is concerned about your battery health.

Optimized Battery Charging should be turned on if you normally charge your phone at night when you sleep. It will bring the battery up to 100% in the early morning. This helps with the overall battery health.

If you click the “< Battery” (back) button on top and scroll down, you will see which applications have been using the most battery:



You can then click on the “**SHOW ACTIVITY**” button to see the details:



This displays how many minutes of battery apps used sorted by most time to least time.

Settings to Reduce Battery Usage

There are many settings you can change which will help your battery last longer.

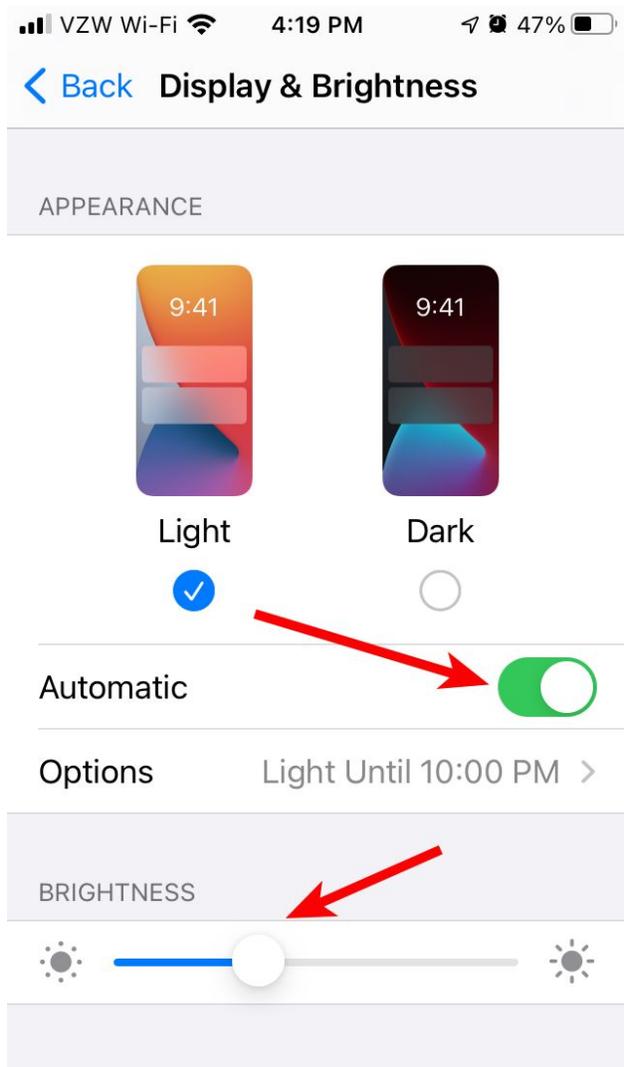
Turn off Bluetooth

If you are not using a Bluetooth connected device (e.g. wireless earbuds), you can save some battery usage by turning this off. Open the Settings app, tap on Bluetooth and tap on the switch to turn in off:



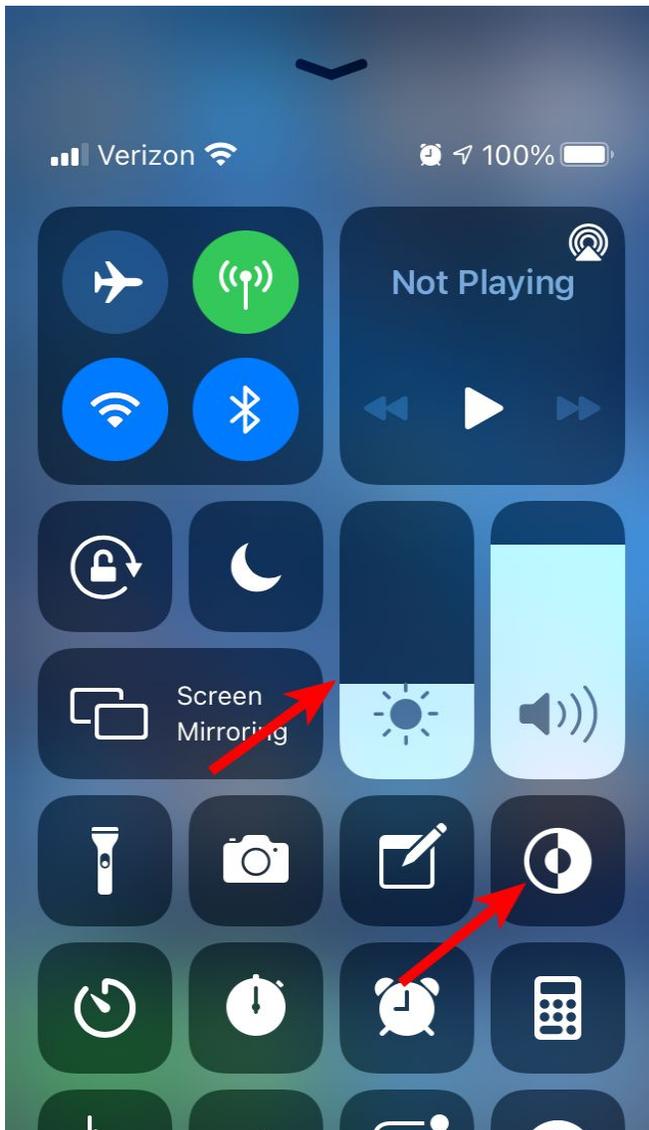
Lower Screen Brightness

The display screen is one of the biggest users of the iPhone battery. You can open the Settings app and tap on “Display and Brightness”

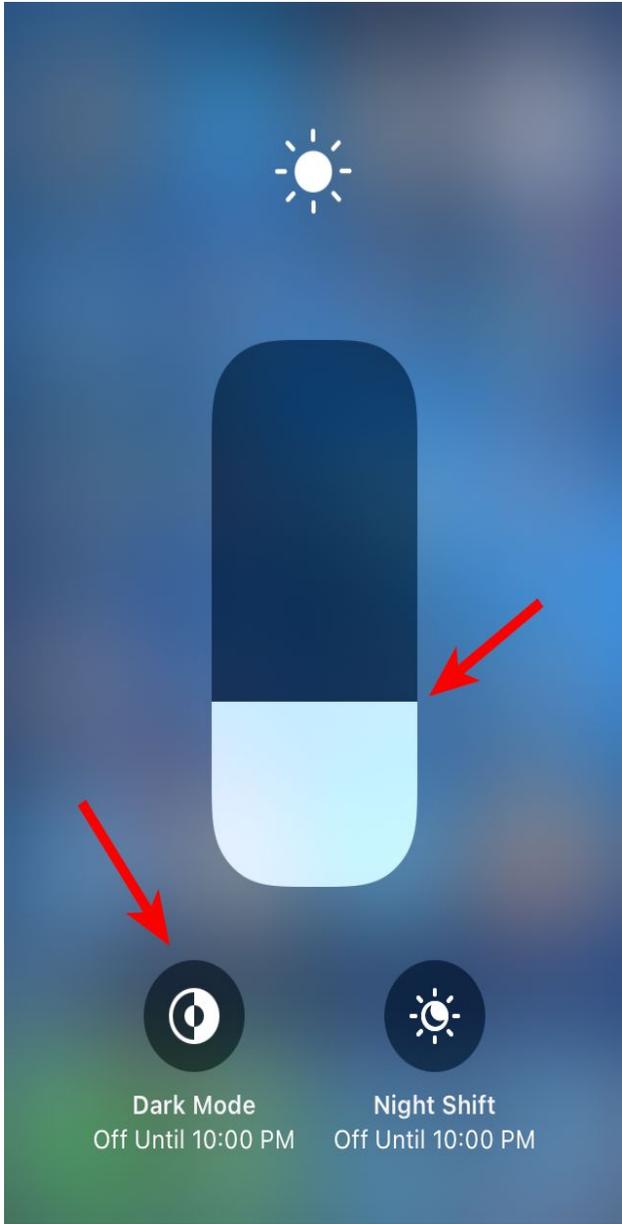


In IOS 14, they added a Dark Mode option. You can turn this on all the time or have it automatically change to Dark mode at a certain time of day or at sundown. This screen also has a slider to adjust the screen brightness. This can also be done via the Control Center.

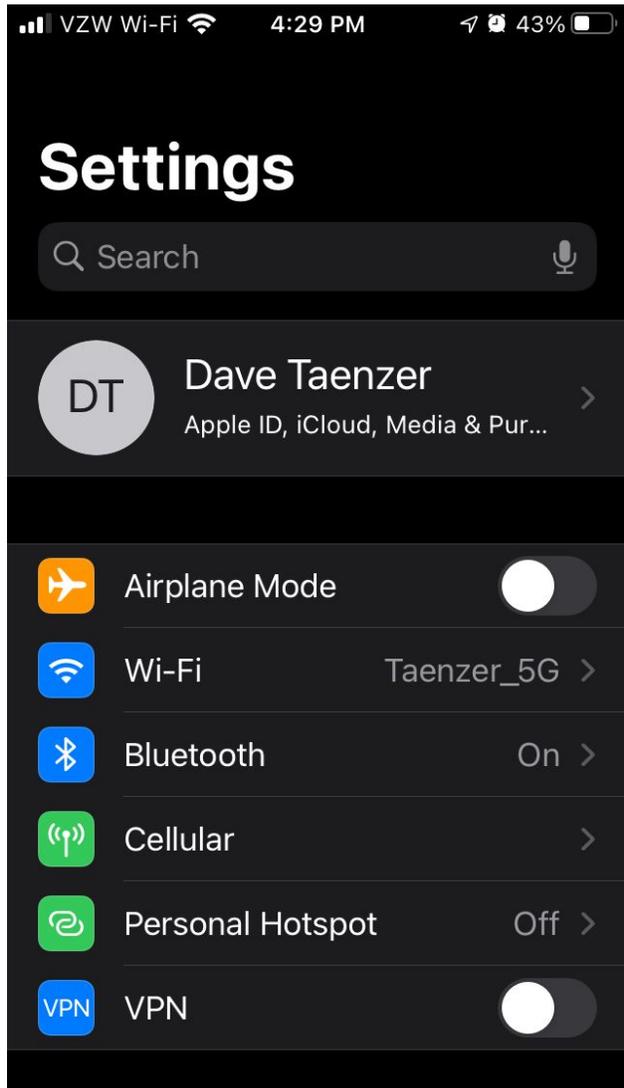
On early iPhones (iPhone 6S and earlier), you get to the control center by sliding your finger up from the bottom center of the screen. On the newer iPhones you slide your finger down from the top center of the screen:



There are lots of useful controls here including a brightness slider and a button to switch between Light and Dark mode. You can hold your finger down on this slider to have it take up the whole display:



Dark mode uses white text on a black background and uses us much less battery power for the display. The Settings app looks like this in Dark Mode:



Turn off “Hey Siri”

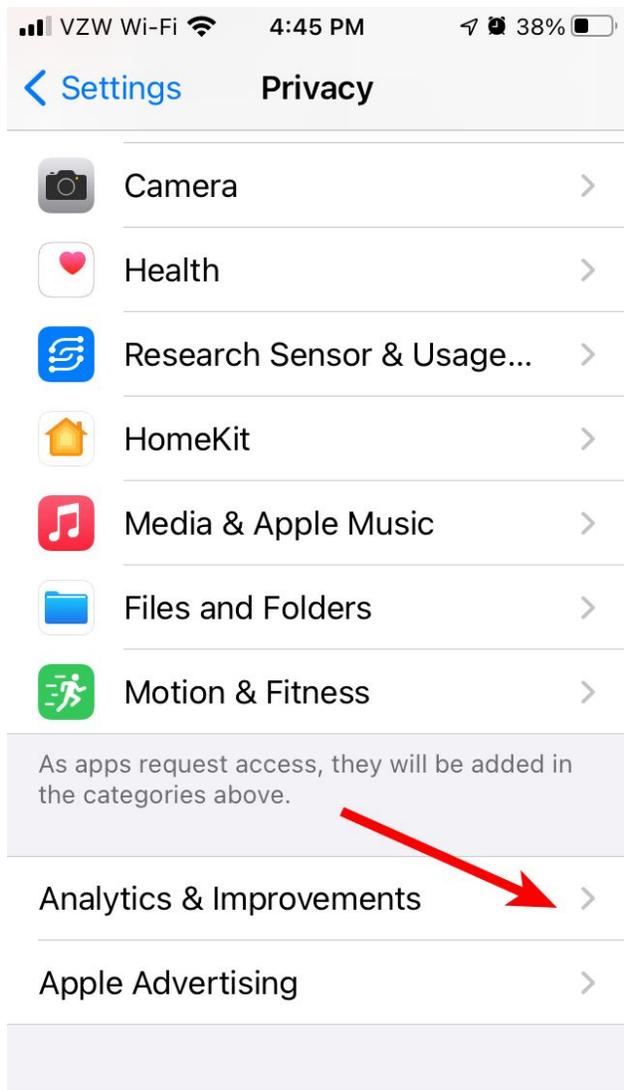
You can turn off the “Hey Siri” mode on your iPhone so it is not listening to you all the time for these words. I do this for privacy reasons but it also saves some battery. Open the Settings app and touch “Siri & Search”:



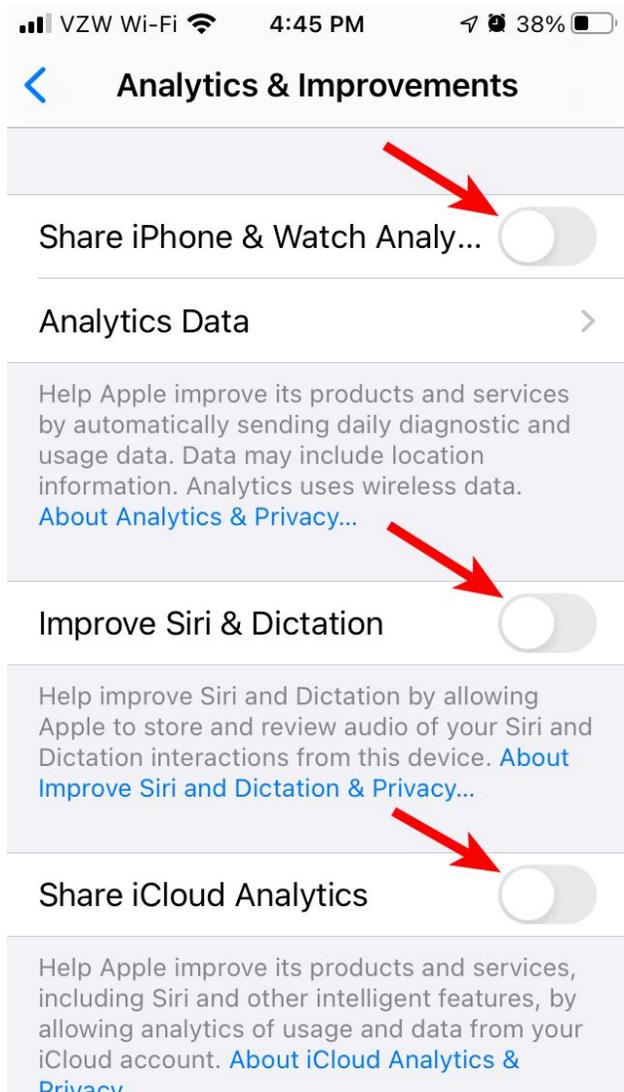
You can still start Siri by holding down on the home button (for older iPhones) or pressing the side button (for iPhones without a home button).

Turn off iPhone Analytics

Open the Settings app and touch Privacy and then Analytics near the bottom:



Turn off all three switches on this page:

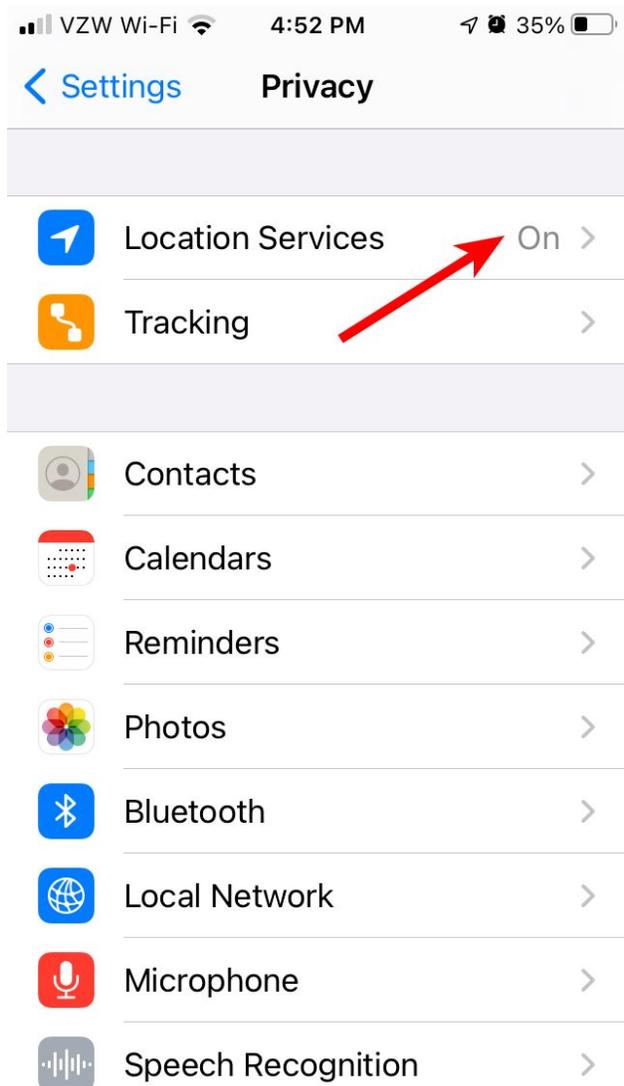


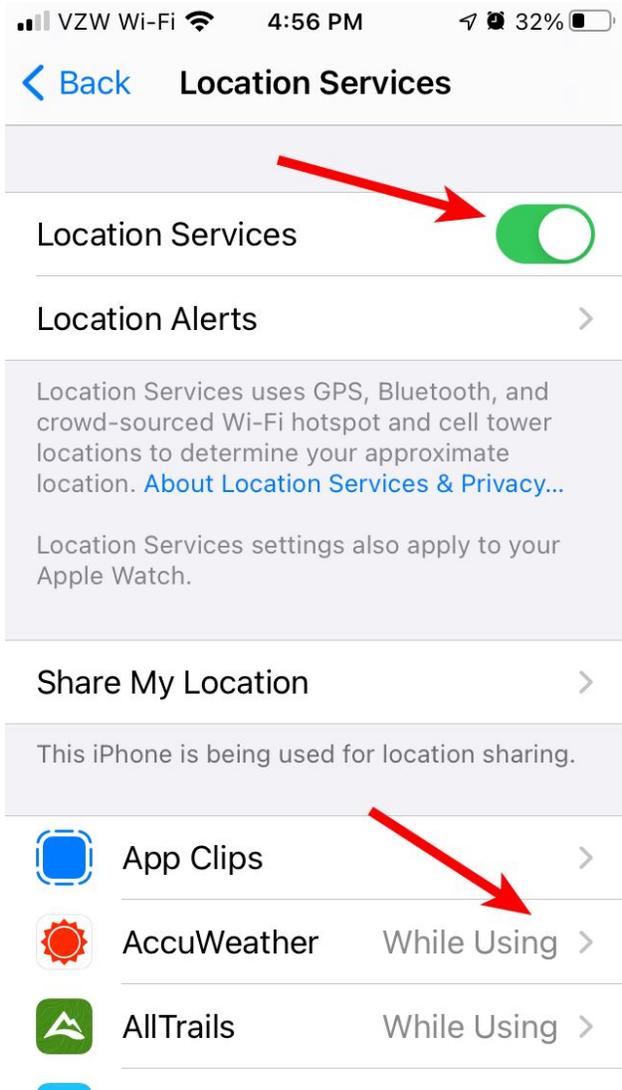
This will prevent your iPhone from sending data to Apple about how you are using the phone and will save some battery usage.

Turn off Locations Services

Many apps ask you to enable Location Services but many of these don't need to know where you are. The ones that do are obvious, like Maps.

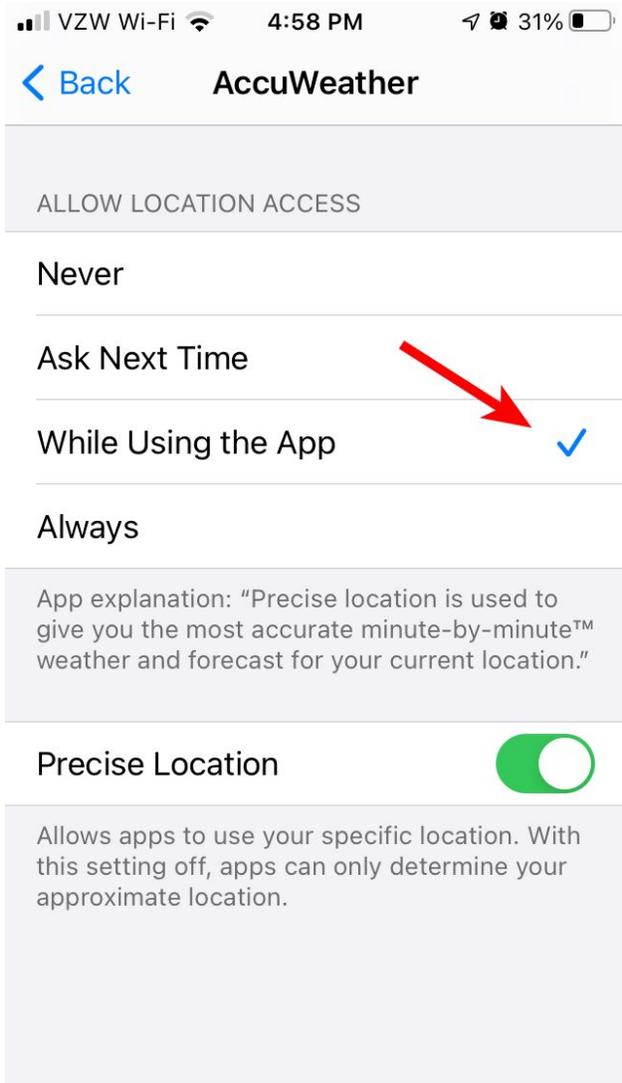
Open the Settings app and touch Privacy and then Location Services:





You can disable all Location Services with the switch at the top, but many apps really need to know your location in order to perform their tasks.

When you tap on an app, you will see these options:



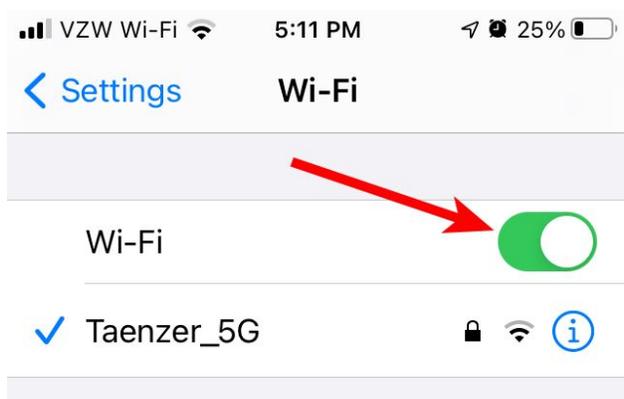
If you want to allow an app to know your location, the best option is normally “While Using the App” which means it only sends this data when you open that specific app. If the app does not need to know your precise location, you can turn off the Precise Location switch.

You can turn off location services for an app by selecting “Never”. This should be the setting for most of your apps.

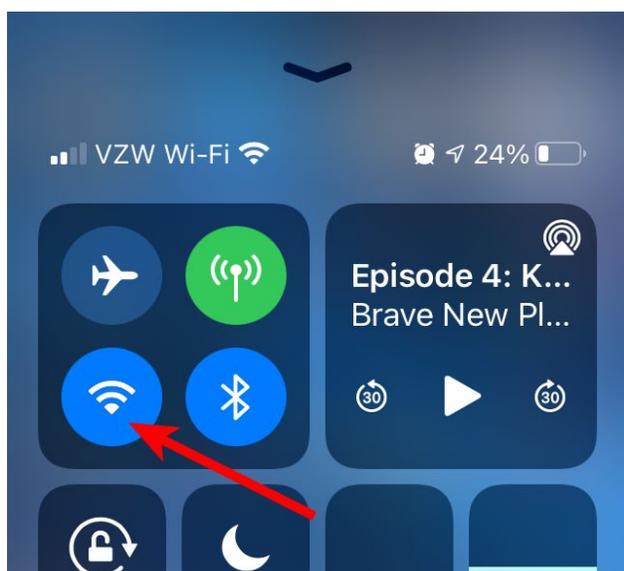
This improves your privacy and saves battery usage.

Turn off Wi-Fi

If you are not using your local Wifi Internet connection and are out and about, you should turn off Wi-Fi to prevent the iPhone from constantly looking for a Wi-Fi network to connect to. You can turn Wi-Fi back on when you get home (or to the office) to connect to your local network. There are two ways of doing this. You can open the Settings app and touch Wi-Fi and then turn off the switch at the top:

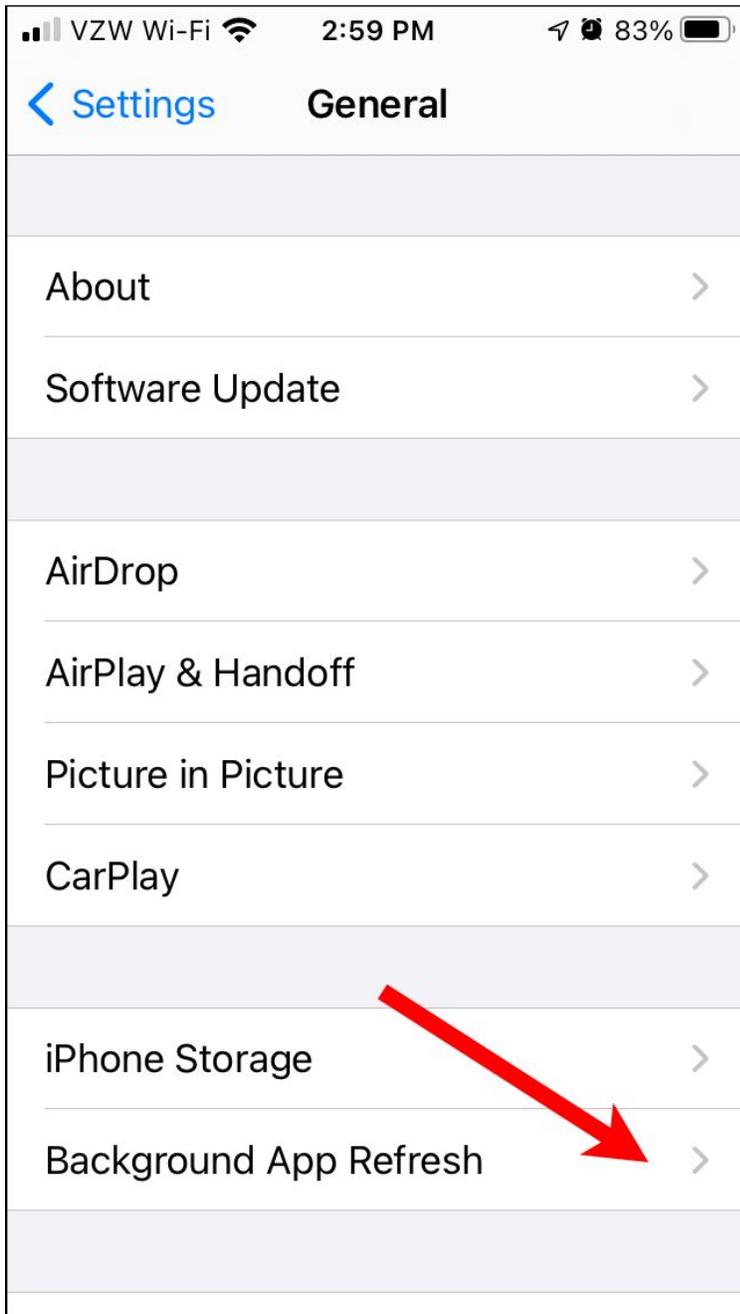


Or you can open your Control Center and touch the Wi-Fi button:

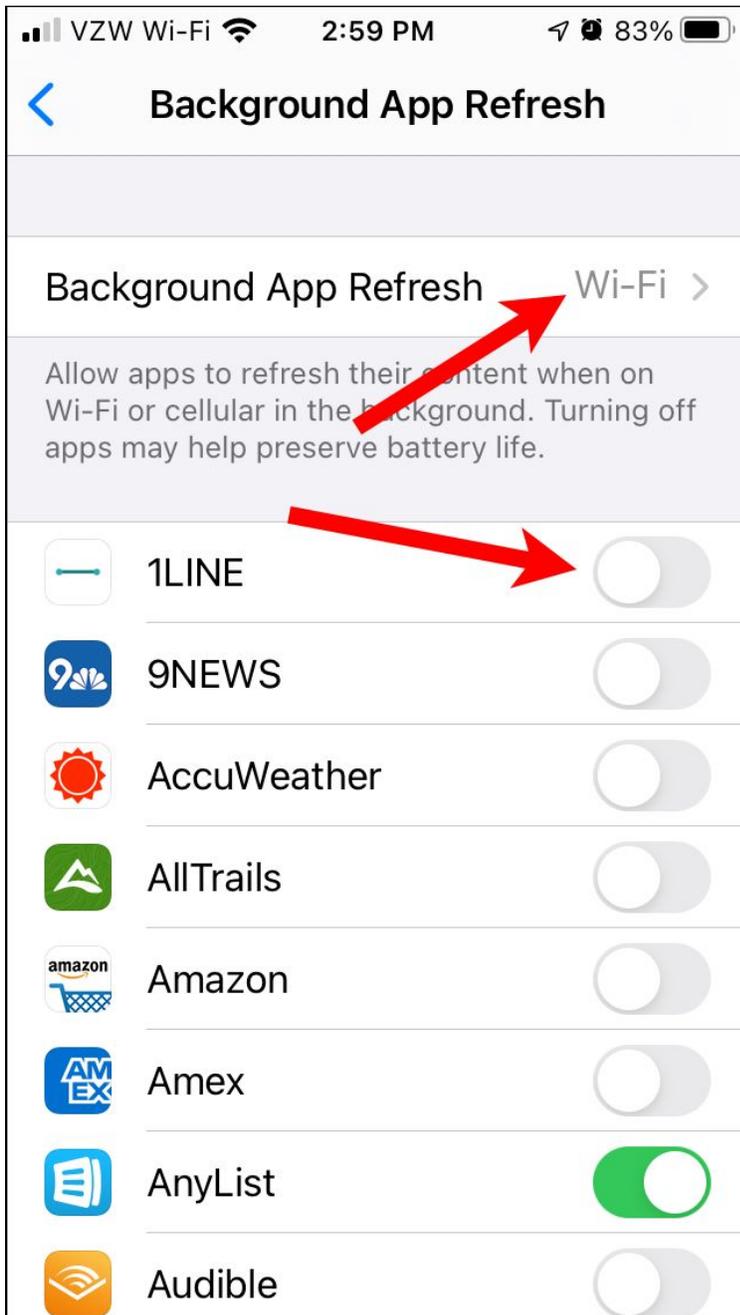


Turn off Background App Refresh

Tap on Background App Refresh the General settings in the Settings app:



Make sure the Background App Refresh is set to Wi-Fi and turn off the switches for any apps that do not need to update data when you are not using them. This can help your battery stay charged longer.



There are several other more advanced settings you can change but the ones described here should help your battery last longer between charges.

Click on the Resources links at the top of this document to see information on other options.