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HOW TO > IPHONE & IPOD

## 30 Tips to Extend iPhone Battery Life

Simple ways to use your iPhone longer

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Anyone who's used an [iPhone](#) for even a few days has discovered that while these phones are more powerful, and more fun, than perhaps any other cell or smartphone, that fun comes with a price: battery life. Any halfway intensive iPhone user will recharge their phone almost every couple of days.

There are ways to conserve iPhone battery life but many of them involve turning off services and features, which makes it a choice between all the cool things that the iPhone can do and having enough juice to do them.

Here are 30 tips to help you extend your iPhone's power, including new tips for iOS 10.

You don't need to follow all of these tips (what fun would that be? You'd turn off every good feature) — just use the ones that make sense for how you use your iPhone — but following some will help you conserve juice.

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**Tip:** Did you know you can now use [wireless charging with your iPhone?](#)

### 01 Prevent Background App Refresh

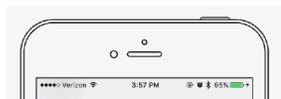
of 30

There are a number of features designed to make your iPhone smarter and ready for you whenever you need it. One of these features is Background App Refresh.

This feature looks at the apps you use most often, the time of day that you use them, and then automatically updates them for you so that the next time you open the app, the latest information is waiting for you.

For instance, if you always check social media at 7:30 am, the iOS learns that and automatically updates your social apps before 7:30 am. Needless to say, this useful feature drains battery.

To turn it off:



1. Tap [Settings](#).
2. Tap **General**.
3. Select **Background App Refresh**.



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## 02 Buy an Extended Life Battery

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If all else fails, just get more battery. A few accessory makers like [mophie](#) and [Kensington](#) offer extended life batteries for the iPhone.

If you need so much battery life that none of these tips help you enough, an extended life battery is your best bet.

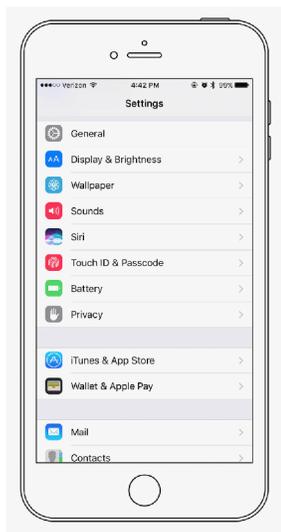
With one, you'll get days more standby time and many hours more use.

## 03 Don't Automatically Update Apps

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If you've got iOS 7 or higher, you can forget needing to update your apps by hand.

There's now a feature that automatically updates them for you when new versions are released.

Convenient, but also a drain on your battery. To only update apps when you want to, and thus manage your power better:

1. Tap **Settings**.
2. Select **iTunes & App Store**.
3. Find Updates in the **Automatic Downloads** section.
4. Move the **slider** to Off/white.

## 04 Don't Take App Suggestions

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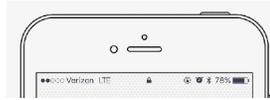
Suggested Apps, [introduced in iOS 8](#), that uses your location information to figure out where you are and what you're near.

It also determines which apps — both installed on your phone and available in the App Store — might come in handy based on that information.

It can be neat, but needless to say, it uses extra battery life by checking for your location, communicating with the App Store, etc. While this used to be controlled in the Settings app, in [iOS 10](#) it moved into Notification Center.

Here's how to disable it in iOS 10:

1. Swipe down from the top of the screen to open **Notification Center**.
2. Swipe to the left to the **Today** view.



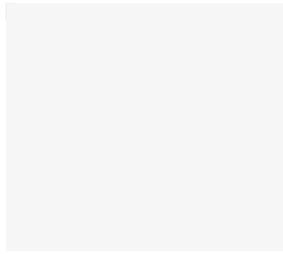
3. **Scroll** to the bottom.
4. Tap **Edit**.
5. Tap the **red icon** next to Siri App Suggestions.



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## 05 Use Content Blockers in Safari

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The same website with ads (left) and with ads blocked (right).

One of the best features introduced in iOS 9 is the ability to block advertising and tracking cookies in Safari.

How could that affect battery life, you may be asking? Well, the technologies used by advertising networks to serve up, display, and track ads can actually use a lot of battery life.

The battery life you save may not be huge, but combine a boost in battery life with a browser that runs faster and uses less data, and it's worth checking out.

Learn all about [content blocking apps](#) in Safari and how to install and use them.

## 06 Turn on Auto-Brightness

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The iPhone has an [ambient light sensor](#) that adjusts the brightness of the screen based on the light around it.

That makes it darker in dark places yet brighter when there's more ambient light.

This helps both save battery and make it easier to see.

Turn **Auto-Brightness** on and you'll save energy because your screen will need to use less power in dark places.

To adjust that setting:

1. Tap **Settings**.
2. Tap **Display & Brightness** (it's called **Brightness & Wallpaper** in iOS 7).
3. Move the **Auto-Brightness slider** to On/green.

## 07 Reduce Screen Brightness

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You can control the default brightness of your iPhone screen with this slider.

Needless to say, the brighter the default setting for the screen, the more power it requires.

You can, however, keep the screen dimmer to conserve more of your battery.

Dim the screen by:

1. Tapping **Display & Brightness** (it's called **Brightness & Wallpaper** in iOS 7).
2. Moving the **slider** as needed.

## 08 Stop Motion & Animations

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One of the coolest features introduced in iOS 7 is called Background Motion.

It's subtle, but if you move your iPhone and watch the app icons and background image, you'll see them move slightly independently of each other, as if they're on different planes.

This is called a parallax effect. It's really cool, but it also drains battery (and can [cause motion sickness for some people](#)).

You may want to leave it on to enjoy the effect, but if not, you can turn it off.

To turn it off:

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4. Select **Reduce Motion**.
5. Move **slider** to green/On.

## 09 Keep Wi-Fi Off

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The other kind of high-sp network that the [iPhone can connect to is Wi-Fi](#).

Wi-Fi is even faster than [3G or 4G](#), though it's only available where there's a hotspot (not virtually everywhere like 3G or 4G).

Keeping Wi-Fi turned on at all times in hopes that an open hotspot will appear is a sure way to drain your battery life.

So, unless you're using it right this second, you'll want to keep Wi-Fi turned off.

To turn Wi-Fi off:

1. Tap **Settings**.
2. Tap **Wi-Fi**.
3. Move the **slider** to Off/white.

You can also turn off Wi-Fi via Control Center. To access that setting, swipe up from the bottom of the screen and tap the Wi-Fi icon to gray it out.

**Important:** If you have an **Apple Watch**, this tip doesn't apply to you. Wi-Fi is required for many features of the Apple Watch, so you won't want to turn it off.

## 10 Make Sure Personal Hotspot Is Off

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This only applies if you use the [iPhone's Personal Hotspot feature](#) to share your wireless data connection with other devices.

But if you do that, this tip is key.

Personal Hotspot turns your iPhone into a wireless hotspot that broadcasts its cellular data to other devices within in range.

This is a tremendously useful feature, but as you may have guessed if you've read this far, it also really drains your battery.

That's an acceptable trade when you're using it, but if you forget to turn it off when you're done, you'll be surprised at how quickly your battery drains.

To make sure you turn off Personal Hotspot when you're done using it:

1. Tap **Settings**.
2. Tap **Personal Hotspot**.
3. Move **slider** to off/white.

## 11 Find the Battery Killers

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Most of the suggestions on this list are about turning things off or not doing certain things.

This one helps you discover which apps are killing your battery.

In iOS 8 and up, there's a feature called Battery Usage that shows which apps have been sucking the most power over the last 24 hours and the last 7 days.

If you start seeing an app showing up there consistently, you'll know that running the app is costing you battery life.

To access Battery Usage:

1. Tap **Settings**.
2. Tap **Battery**.

On that screen, you'll sometimes see notes beneath each item. This note provides more detail on why the app drained so much battery and can suggest ways for you to fix it.

## 12 Turn Off Location Services

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One of the coolest features of the iPhone is its [built-in GPS](#).

This allows your phone to know where you are and give you exact driving directions, give that information to apps that help you find restaurants, and more.

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1. Tap **Settings**.
2. Tap **Privacy**.
3. Select **Location Services**.
4. Moving **slider** to Off/white.

## 13 Turn Off Other Location Settings

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The iPhone can perform a lot of useful tasks in the background.

However, the more background activity there is, especially activity that connects to the Internet or uses GPS, will drain battery quickly.

Some of these features in particular are not required by most iPhone users and can be safely turned off to regain some battery life.

To turn them off (or on):

1. Tap **Settings**.
2. Tap **Privacy**.
3. Select **Location Services**.
4. Choose **System Services**. T
5. Turn off **items** such as Diagnostics & Usage, Location-Based iAds, Popular Near Me, and Setting Time Zone.

## 14 Disable Dynamic Backgrounds

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Another neat feature introduced in iOS 8 was [animated wallpapers](#) that move underneath your app icons.

These dynamic backgrounds offer a cool interface flourish, but they also use more power than a simple static background image.

Dynamic Backgrounds aren't a feature you have to turn on or off, just don't select the Dynamic Backgrounds in the **Wallpapers & Backgrounds** menu.

## 15 Turn Bluetooth Off

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[Bluetooth wireless networking](#) is especially useful for cell phone users with wireless headsets or earpieces.

But transmitting data wirelessly takes battery and leaving [Bluetooth](#) on to accept incoming data at all times requires even more juice. Turn off Bluetooth except when you're using it to squeeze more power from your battery.

To turn off Bluetooth:

1. Tap **Settings**.
2. Select **Bluetooth**.
3. Move **slider** to Off/white.

You can also access the Bluetooth setting through [Control Center](#). To do that, swipe up from the bottom of the screen and tap the Bluetooth icon (the center one) so that it is grayed out.