

How to keep your laptop's battery in good health



The rechargeable lithium-ion batteries that power most of our laptops may be the most practical battery tech we have right now, but they naturally degrade over time as their ions flow back and forth – it's an inevitable consequence of the way they're built and the way they work. Eventually, the batteries can't hold as much of a charge.

Most modern laptops now come with some kind of smart charging technology built in, to limit the number of full charges that happen. How this is implemented varies between laptops – I'll talk about this, as well as other ways to ensure the battery on your MacBook or Windows laptop stays as healthy as possible for as long as possible.

a: hover]: shadow-highlight-franklin
dark: [&>a: hover]: shadow-highlight-

franklin [a]:shadow-underline-black dark:[a]:shadow-underline- white">Battery health advice for Macs

a:hover]:text-gray-63 [a:hover]:shadow-underline-black
dark:[a:hover]:text-gray-bd dark:[a:hover]:shadow-
underline-gray [a]:shadow-underline-gray-63 dark:[a]:text-
gray-bd dark:[a]:shadow-underline-gray">Screenshot: Apple
Apple MacBooks use a built-in feature called Optimized Battery
Charging, which will only charge the battery past 80 percent
when it thinks it's needed. According to Apple, temperatures
and previous charging patterns are used to help make this
decision.

Macs equipped with Apple Silicon (as opposed to an Intel
processor) have Optimized Battery Charging turned on by
default. If, for any reason, you want to turn it off:

- From the **Apple** menu, select **System Settings...**,
- On the **Battery** tab, click the small "i" next to **Battery Health**.
- You'll see the Optimized Battery Charging on / off toggle.

If you have a Mac with an Intel processor, the feature may
still be on by default, depending on your OS. If you want to
check that or turn it on / off:

- From the Apple menu, select **System Preferences > Battery**
- Go to **Battery > Battery Health**
- Look for **Manage battery longevity** and turn it on or off.

You can reduce battery strain further in the **Battery** tab:
click **Options** to set the screen to dim and to stream video at
a lower quality (reducing system strain) when you're on
battery power, for example.

There's also a special Low Power Mode, though Apple doesn't say much about it, except that it reduces energy usage. Select the **Low Power Mode** drop-down menu, and you can set it to be on all the time, just when you're relying on battery power, or just when you're using a power adapter.

a: hover]: text- gray- 63 [& > a: hover]: shadow- underline- black
dark: [& > a: hover]: text- gray- bd dark: [& > a: hover]: shadow-
underline- gray [& > a]: shadow- underline- gray- 63 dark: [& > a]: text-
gray- bd dark: [& > a]: shadow- underline- gray">Screenshot: Apple
To reduce energy use even further:

- Select the **Lock Screen** tab in **System Settings**.
- Select when to turn off the display of an inactive laptop by using the **Turn display off on battery when inactive** drop-down menu.

Something else to think about is reducing the number of apps you've got running at any one time: the less power you use running apps you don't need, the less often you'll have to charge the battery. Cutting down on the number of programs launching with macOS can help here.

a: hover]: text- black [& > a: hover]: shadow-
underline- black dark: [& > a: hover]: text-
gray- e9 dark: [& > a: hover]: shadow-
underline- gray- 63 [& > a]: shadow- underline-
gray- 13 dark: [& > a]: shadow- underline-
gray- 63">*While some features might vary, depending on the manufacturer, there are several ways to optimize battery use on the "Power & battery" page.*