# Eight Common Habits

## *That are quietly killing your MacBook's battery*



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Your MacBook is designed to provide years of reliable performance, but many users unknowingly shorten their battery's lifespan through everyday habits. While Apple's modern batteries are remarkably durable, they still require proper care to maintain peak health. If you've noticed your MacBook battery draining faster than it used to, one or more of these common habits may be to blame.

### 1. KEEPING YOUR MACBOOK PLUGGED IN 24/7

Many people leave their MacBook connected to power constantly, especially when working from a desk. While Apple includes battery management features to reduce wear, continuously keeping the battery at 100% charge can still contribute to long-term battery aging. Occasionally allowing the battery to discharge and recharge helps maintain its overall health.

### 2. LETTING THE BATTERY DRAIN TO ZERO FREQUENTLY

On the opposite end of the spectrum, repeatedly running your battery completely dead isn't healthy either. Modern lithium-ion batteries perform best when kept between roughly 20% and 80% charge. Regularly draining the battery to 0% places additional stress on the battery cells and can shorten their lifespan.

### 3. EXPOSING YOUR MACBOOK TO EXCESSIVE HEAT

Heat is one of the biggest enemies of battery health. Leaving your MacBook in a hot car, using it in direct sunlight, or blocking ventilation while performing demanding tasks can significantly accelerate battery degradation. Apple recommends operating your MacBook in temperatures between 50°F and 95°F (10°C to 35°C).

### 4. RUNNING TOO MANY BACKGROUND APPLICATIONS

Applications running in the background consume processor power, memory, and battery life—even when you're not actively using them. Check Activity Monitor periodically to identify apps that are using excessive energy. Closing unnecessary programs can improve battery life and overall system performance.

### 5. IGNORING MACOS UPDATES

Some users delay software updates for weeks or even months. However, Apple frequently includes battery optimization improvements, bug fixes, and energy-efficiency enhancements in macOS updates. Keeping your MacBook current ensures you're benefiting from the latest battery-saving technologies.

### 6. USING MAXIMUM SCREEN BRIGHTNESS ALL THE TIME

The display is one of the largest consumers of battery power. Running your screen at full brightness when it's not necessary can dramatically reduce battery runtime. Lowering brightness even slightly can make a noticeable difference throughout the day.

### 7. LEAVING BLUETOOTH AND WI-FI ON UNNECESSARILY

Wireless radios continuously search for devices and networks. While the impact may be small individually, Bluetooth and Wi-Fi can contribute to unnecessary battery drain when not needed. Turning off unused wireless features can help extend battery life, particularly during travel.

### 8. STORING YOUR MACBOOK INCORRECTLY

If you won't be using your MacBook for an extended period, don't store it fully charged or completely empty. Apple recommends storing it with approximately a 50% charge and powering it on every few months. Improper storage can permanently reduce battery capacity over time.

### FINAL THOUGHTS

Your MacBook's battery is a consumable component, but with proper care, it can remain healthy for many years. By avoiding these common habits, you'll maximize battery lifespan, improve daily performance, and reduce the likelihood of needing an expensive battery replacement. A few small adjustments today can add years to your MacBook's useful life.



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