

How to clean up your iPhone

iPhone (10 or later)

1. Restart your iPhone
2. Close unnecessary apps
3. Clear the RAM
4. Update iOS
5. Turn off Background App and Location services
6. Turn on Reduce Motion on iPhone
7. Free up space on your iPhone
8. Reset to factory settings

1. The first step is to restart your iPhone. If you have an iPhone X or later, press and hold the Side button along with either of the volume buttons. If your iPhone has a Home button, press and hold the side button until the power off slider appears. Release when the slider appears on the screen and drag the slider from left to right to turn off your iPhone.

2. Close unnecessary apps

Offload - unused apps can be offloaded from your phone. The app is deleted, but the saved data remains on your phone. Example: you offload Netflix from your phone, which means you won't see it on your phone any more, but if you wanted to use Netflix later on, the login information would still be there.

If you delete Netflix from your phone rather than offload it, the app and data would be deleted from your phone.

Settings > iPhone Storage > Offload Unused Apps

Podcasts

You can also adjust setting for older podcasts here:

Settings > iPhone Storage > Remove Older Downloads (next to the Podcast icon)

3. **Clear the RAM** - RAM stands for "Random Access Memory" . By turning off your phone and turning it back on, you clear the RA

You can also clear Safari Cookies and Data by doing the following:

1. Open Settings
2. Tap Safari
3. Select Clear History and Website Data (scroll about 2/3 down)
4. **Update iOS** - to update your iPhone, go to Settings, and click on **General**,

Then click on Software update. You will be informed if the OS is current or if you need to update. If you need to update follow the instructions.

Settings → General → Software Update.

5. Turn off Background App and Location Services

Certain processes such as Background App Refresh and Location Services consume a lot of power, which can slow down your device. The recommendation is to turn these off to speed up your iPhone.

1. Go to Settings > Data & Privacy Settings > Location Sharing

This turns off all location Sharing services.

You may want to keep some on-some of the time. Some examples: AAA or Gas Buddy while you are traveling

2. You can go app by app to change location services.

You will see these options:

Never, Ask Next Time or when I share, While Using the App, Always

My selection - While Using the App

Another way to save battery power is to turn off Background App Refresh

1. Go to **Settings** → **General**.
2. Tap Background App Refresh → Background App Refresh → Toggle it off.

6. Turn on Reduce Motion on iPhone

The animated visual effects on iOS are cool, but they're also great at using up precious resources. If your iPhone is lagging, it's a good idea to turn off these parallax effects.

1. Go to **Settings** → **Accessibility** (In iOS 12 or earlier, *General Accessibility*.)
2. Now, go to **Motion** and toggle on **Reduce Motion**.

7. Free up space on your iPhone

If none of the above steps help to speed up your iPhone, your device storage may be too full and could do with some clearing.

To find out how much space you have left, go to **Settings** → **General** → **iPhone Storage**

8. Fix Your Slow Phone with the iPhone Restart Trick

This isn't the same as simply restarting your iPhone or powering it down. For whatever reason, this is the specific method for clearing your iPhone's RAM. **Before you try resetting your phone**, make sure you have closed all your unused apps per the above tip: if you leave a lot of apps open, your iPhone will reopen them when it reboots, which takes up a lot of memory.

Press and quickly release the **Volume Up button**, then press and quickly release the **Volume Down button**.

Press and hold the **Side button** until you see the Apple logo (keep holding even when you see Slide to Power Off).

It's good to note that when you clear RAM on an iPhone you won't quit any of the apps you had open; the apps will simply reload. Everything should be as it was, just faster. That's all there is to it! If your iPhone is still slow after clearing RAM, you can also check out these other handy tutorials on [how to speed up an iPhone](#). If your iPhone has been hotter than usual lately, you should also check out [how to stop your iPhone from overheating](#) and help your Apple device to last longer.

Make Your iPhone Faster by Clearing Safari Cookies & Data

It's good to note that doing this will mean Safari won't suggest URLs when typing unless they're bookmarked. Some websites may also forget certain preferences and you will have to log in to your online accounts again, but it's generally good practice to clear your cookies and data every now and again regardless.

1. Open Settings > Tap Safari > Clear History and Website Data