CHECKLIST · TECHNOLOGY

Myth or fact: charging your phone overnight ruins the battery

Published 19 November 2026. Read the full story, sources and any updates at digitaladvisors.com.au/journal/myth-charging-phone-overnight/

- [ ] **Turn on the smart charging setting, or leave it on.** That's Optimised Battery Charging on iPhone (on by default), Adaptive under Battery protection on Galaxy, and Adaptive Charging under Charging optimisation on Pixel; all cut the time your phone sits at 100% overnight.
- [ ] **Charge on an open surface, not under a pillow or blanket.** Apple says not to charge a phone under a blanket or pillow, and Samsung lists bedding among places where a phone heats up.
- [ ] **Take the phone out of its case if it gets hot on the charger.** Apple says some cases trap heat during charging.
- [ ] **Keep it out of the heat.** Apple says temperatures over 35°C can permanently damage battery capacity, so avoid charging in direct sun or a hot room.
- [ ] **Set an 80% limit if you don't need a full charge.** It's under Settings > Battery > Charging on iPhone 15 and later, Battery protection > Maximum on Galaxy and Charging optimisation on Pixel 6a and later (on iPhone 15 and later, this replaces Optimised Battery Charging).
- [ ] **Check your battery health.** Look under Settings > Battery > Battery Health on iPhone, or Battery health on a Pixel 8a or later.

NOTES

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