CHECKLIST · TECHNOLOGY

Myth or fact: closing apps saves your phone's battery

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- [ ] **Stop swiping away every app.** Apple and Google both say you don't need to close apps routinely.
- [ ] **Close and reopen an app only when it freezes.** That's the case Apple's support page gives for closing one.
- [ ] **Check which apps use the most battery.** On an iPhone, go to Settings > Battery. On a Pixel, go to Settings > Battery > Battery usage > View by apps.
- [ ] **Force-stop a draining Android app only after restricting it.** Use Settings > Apps, and don't force-stop essential system apps.
- [ ] **Turn on Low Power Mode or Battery Saver when you need the battery to last.** Both cut background activity.
- [ ] **Leave Adaptive Battery switched on.** Google's Pixel help says to keep it on for the best battery life.
- [ ] **Use Wi-Fi when you can.** Apple says Wi-Fi uses less battery than mobile networks.

NOTES

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