

# Apple admits iOS 26 update can drain iPhone battery, here's why

Apple has admitted that the iOS 26 upgrade may cause iPhone and iPad battery life to increase in the early stages. This is due to the background processing after the update and some new features.

On September 15, 2025, Apple officially released a series of major updates for its operating systems under the name iOS 26, iPadOS 26, watchOS 26 and many other platforms. Millions of iPhone and iPad users quickly upgraded to experience Liquid Glass, improved multitasking and many new features. And as usual, a 'wave' of complaints about battery appeared again. This time, Apple also had an official response.

## Apple: 'Battery drain after iOS update is normal'

In a new support document, Apple warns that installing iOS 26 (or any major update) may affect battery life on iPhones and iPads. However, this is only a temporary phenomenon and users can rest assured.

The reason is that after every major update, iOS has to perform a lot of background tasks such as:

1. Data indexing,
2. Download additional content packs,
3. Update the app...

This causes the device to consume more battery and may even heat up in the first few days after the upgrade.



In addition, Apple also admitted that there are new features that will require more resources, thereby affecting performance and battery life. However, the company affirmed that the impact is usually insignificant, depending on the user. At the same time, Apple committed to continue optimizing through subsequent small patches.

Apple writes in official documentation:

*'Immediately after an update, especially a major release, you may notice reduced battery life and increased heat. This is normal as the device needs time to complete background processes, including indexing data, downloading new content, and updating apps.'*

## **Should I update to iOS 26 now?**

If you are worried about battery life, the simple solution is to wait. Apple does not force users to upgrade immediately and still allows users to maintain iOS 18 or iPadOS 18 for a while. Waiting for a few minor updates to fix bugs and optimize battery life before upgrading to iOS 26 is also a safe option that many people apply.

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