

How to check which apps use a lot of battery on Windows 11

This guide will explain what you need to do to detect the apps that use the most power to improve battery life on Windows 11.

On Windows 11 , if your laptop battery is draining quickly, the problem could be a power-hungry app rather than a bad battery.

If you're not sure, there are ways to check which apps are using the most power, which could be draining your battery quickly. You can complete these troubleshooting steps through the Settings app and Task Manager.

This guide will explain what you need to do to detect the apps that use the most power to improve battery life on Windows 11. In addition, the article will also suggest some tips to solve battery drain problems on your computer.

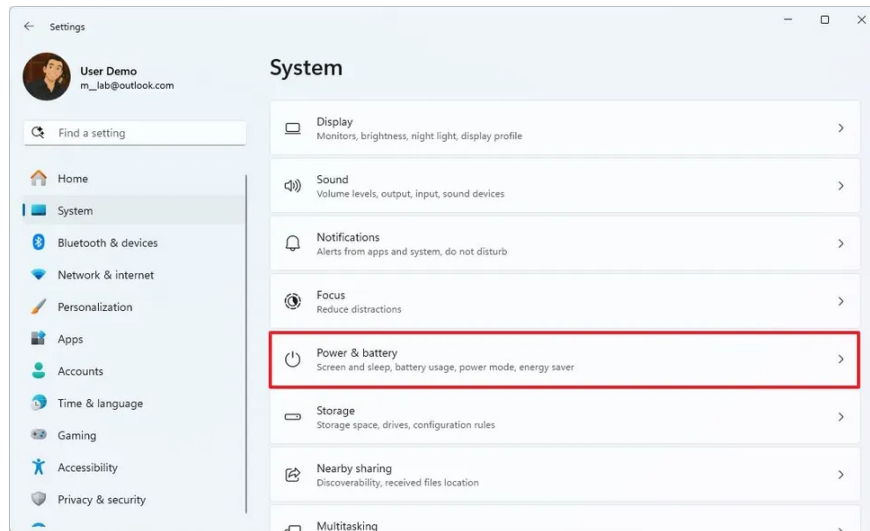
How to Determine Which Apps Are Draining Your Battery the Most on Windows 11

On Windows 11, you have at least two ways to check which apps are wasting the most battery, including using the Settings app and Task Manager.

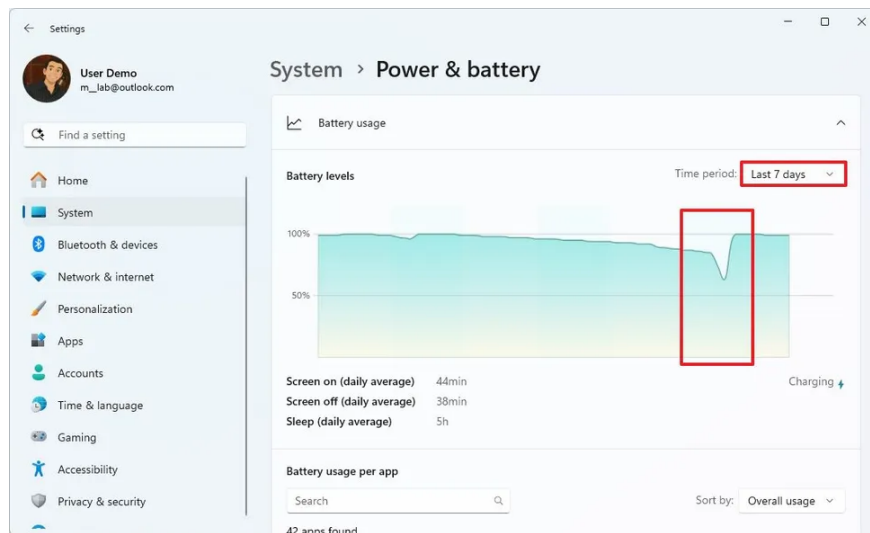
Check battery usage history from Settings

To determine which apps are draining the most battery on Windows 11, follow these steps:

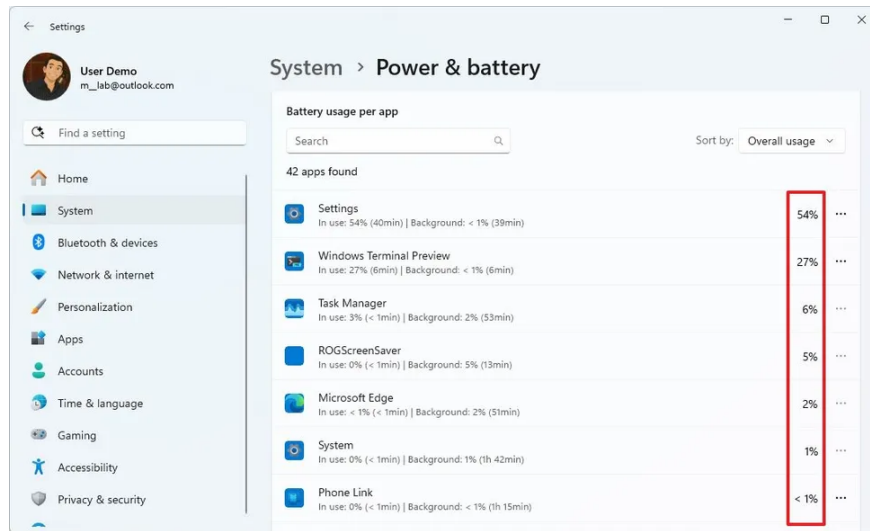
1. Open **Settings** .
2. Click **System** .
3. Click on the **Power & battery** page .



1. Click on **Battery usage** setting .
2. Set the time period to **Last 24 hours** or **Last 7 days** .
3. Select a section from the chart to see which apps were using battery over a more specific period of time.



1. Select **Overall usage** from the **Sort by** menu .
2. Confirm which apps are draining the most battery.

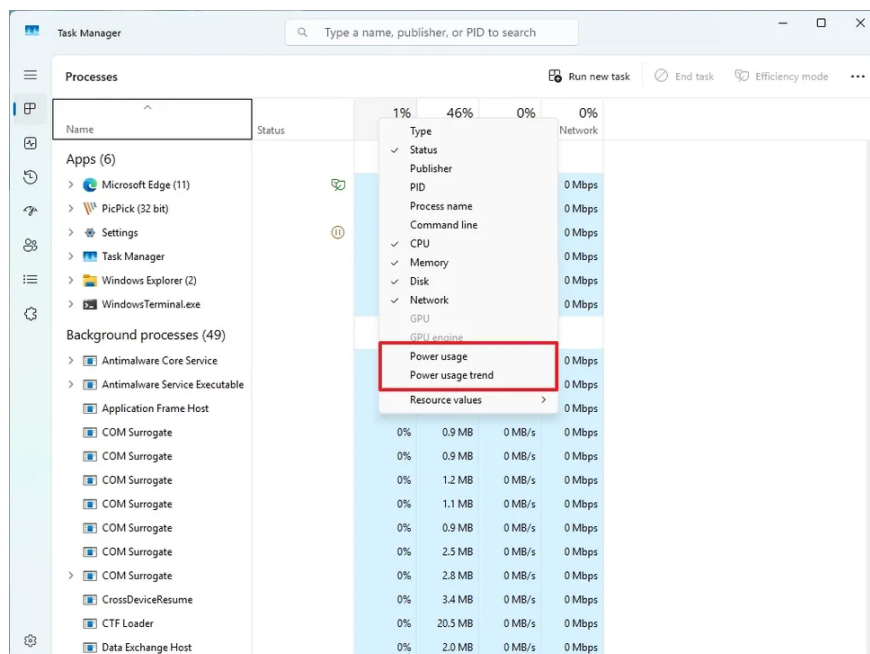


After completing the steps, you will know which apps are draining the most battery.

Check battery usage history from Task Manager

To determine which apps are draining your laptop battery on Windows 11, follow these steps:

1. Open **Start** .
2. Search for **Task Manager** and click the top result to open the application.
3. Click **Processes** .
4. Right-click on one of the column headers and select the **Power usage** and **Power usage trend** options .



1. Confirm which apps are draining the most battery.

Name	Status	CPU	Memory	Disk	Network	Power usage	Power usage trend
Apps (6)							
Microsoft Edge (11)		0.2%	165.1 MB	0 MB/s	0 Mbps	Very low	Very low
PicPick (32 bit)		0.4%	72.8 MB	0 MB/s	0 Mbps	Very low	Very low
Settings		0%	0 MB	0 MB/s	0 Mbps	Very low	Very low
Task Manager		0.6%	47.8 MB	0 MB/s	0 Mbps	Very low	Very low
Windows Explorer (2)		0%	129.0 MB	0 MB/s	0 Mbps	Very low	Very low
WindowsTerminal.exe		0%	12.7 MB	0 MB/s	0 Mbps	Very low	Very low
Background processes (50)							
Antimalware Core Service		0%	6.4 MB	0 MB/s	0 Mbps	Very low	Very low
Antimalware Service Executable		0.6%	171.5 MB	0 MB/s	0 Mbps	Very low	Very low
Application Frame Host		0%	5.7 MB	0 MB/s	0 Mbps	Very low	Very low
COM Surrogate		0%	0.9 MB	0 MB/s	0 Mbps	Very low	Very low
COM Surrogate		0%	0.9 MB	0 MB/s	0 Mbps	Very low	Very low
COM Surrogate		0%	1.2 MB	0 MB/s	0 Mbps	Very low	Very low
COM Surrogate		0%	1.1 MB	0 MB/s	0 Mbps	Very low	Very low
COM Surrogate		0%	0.9 MB	0 MB/s	0 Mbps	Very low	Very low
COM Surrogate		0%	2.5 MB	0 MB/s	0 Mbps	Very low	Very low
COM Surrogate		0%	2.8 MB	0 MB/s	0 Mbps	Very low	Very low
CrossDeviceResume		0%	3.4 MB	0 MB/s	0 Mbps	Very low	Very low
CTF Loader		0%	20.5 MB	0 MB/s	0 Mbps	Very low	Very low
Data Exchange Host		0%	2.0 MB	0 MB/s	0 Mbps	Very low	Very low

Once you complete the steps, Task Manager will give you details about which apps are consuming the most power.

If you use this method, you should understand the difference between "Power usage" and "Power usage trend" details.

The Power usage column provides a snapshot of the process's current, real-time power consumption. On the other hand, the **Power usage trend** column provides a view of the process's average or historical power consumption over time.

A process may show "high" energy usage at a particular time due to a temporary spike in activity. However, the "energy usage trend" of that process may be "low" if the process typically consumes little energy.

Conversely, a process with "average" energy usage may have a "high" energy usage trend, indicating that the process is consistently consuming a noticeable amount of energy.

How to improve battery life on Windows 11

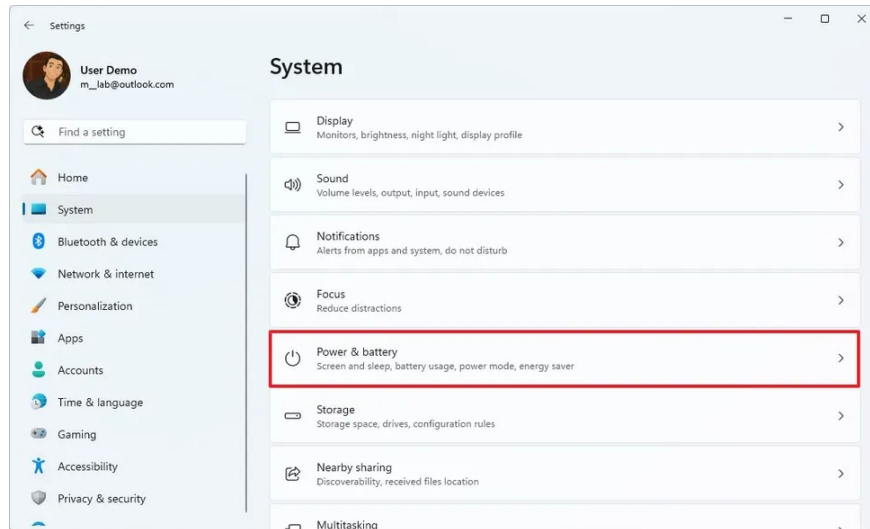
If you want to extend the battery life of your Windows 11 laptop, you can follow the instructions: 10 Windows 11 settings to maximize laptop battery life . However, there are 5 things you can do, including uninstalling battery-draining apps, turning on Energy Saver mode, changing the current Power Mode, limiting background processes, and following the suggestions available through the Energy Recommendations feature.

Change Power Mode

To turn on Energy Saver on Windows 11, follow these steps:

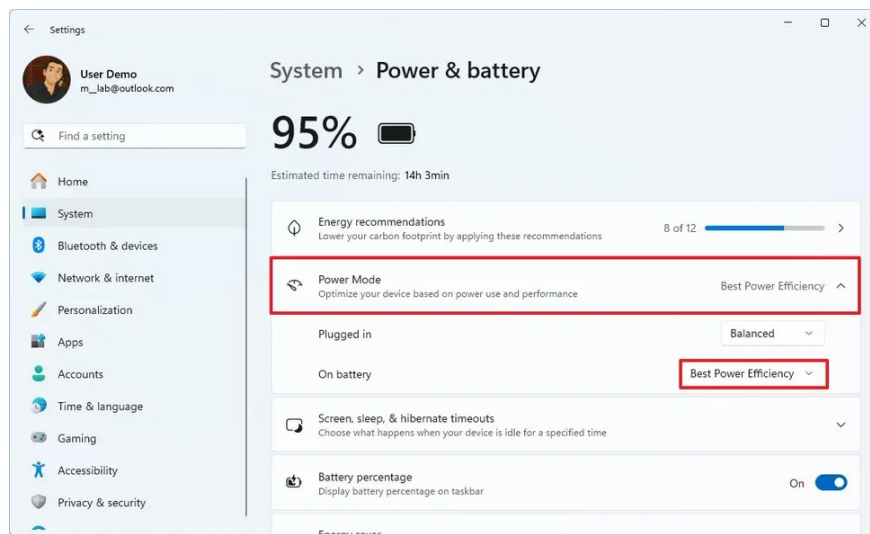
1. Open **Settings** .
2. Click **System** .

3. Click on the **Power & battery** page .



1. Click on **Power Mode** settings .

2. Select the **Best Power Efficiency** option for the **On battery** setting .

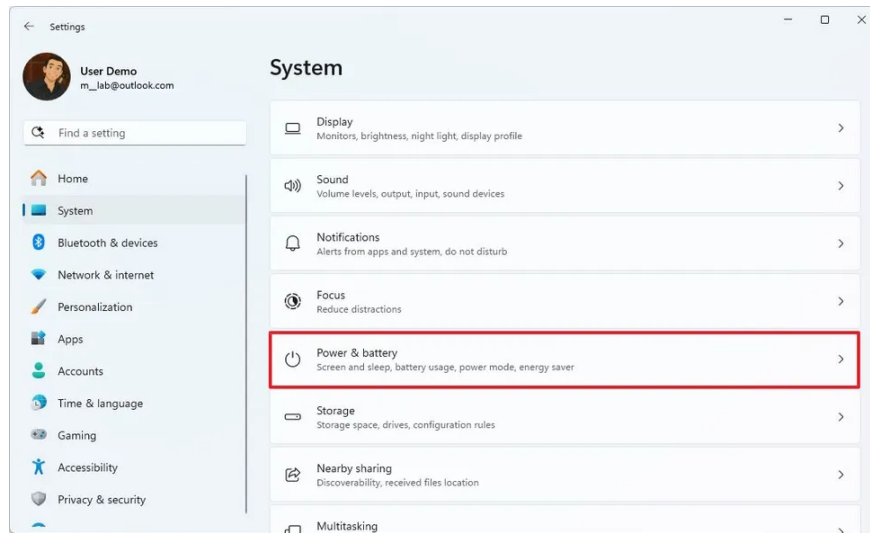


Once you complete the steps, the system will optimize power usage based on battery life instead of performance.

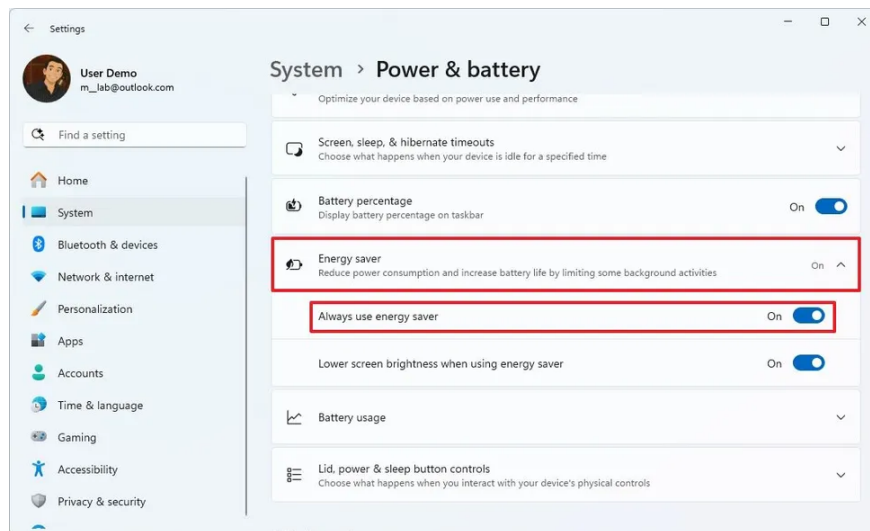
Turn on Energy Saver

To turn on Energy Saver on Windows 11, follow these steps:

1. Open **Settings** .
2. Click **System** .
3. Click on the **Power & battery** page .



1. Click on **Energy Saver** settings .
2. (Option 1) Turn on the **Always use energy saver** toggle switch .



1. (Option 2) Change the battery level to automatically enable the feature to a higher level.

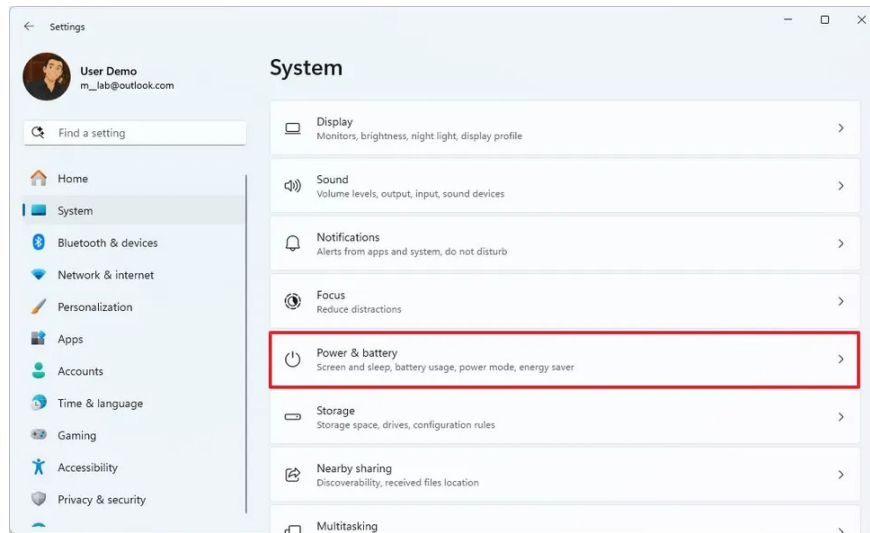
Once you complete the steps, Windows 11 will turn off various features to improve battery life, such as background sync, progress, and features like system effects that are known to consume more power.

Additionally, the screen brightness will be reduced and the system will prioritize battery life over performance.

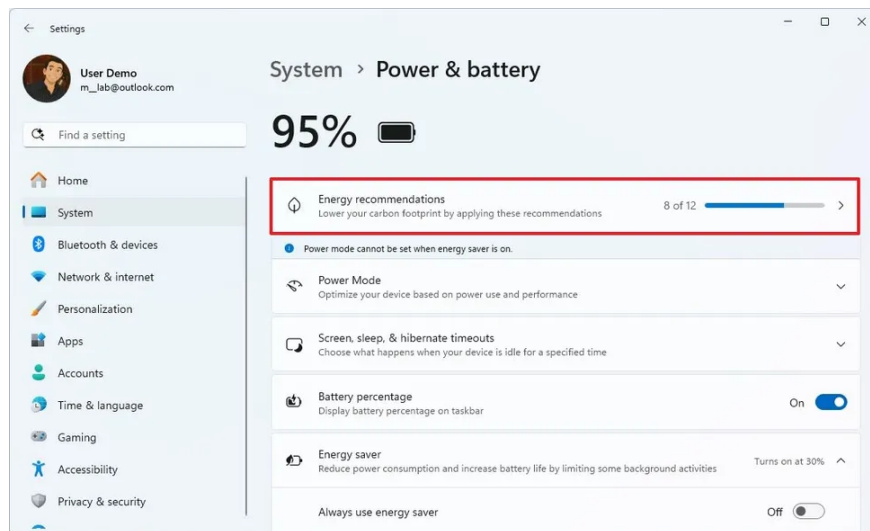
Energy Recommendations

To apply Windows 11's recommendations for saving battery life, follow these steps:

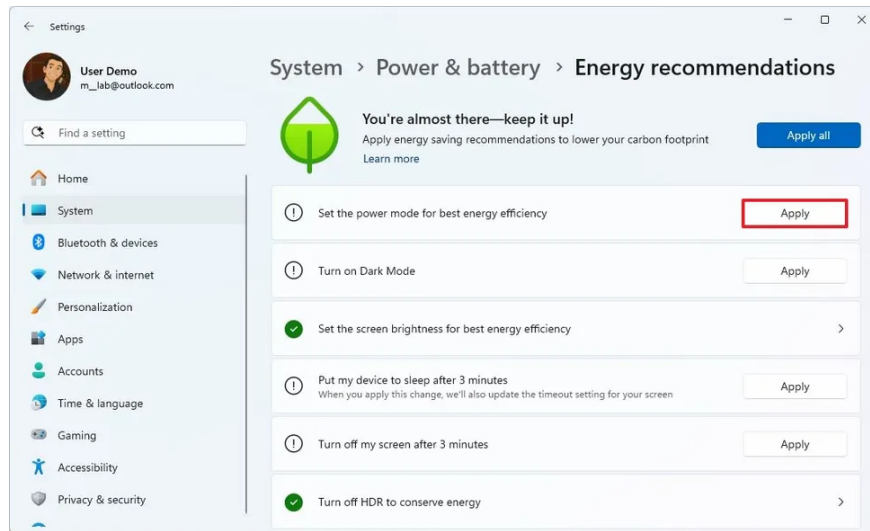
1. Open **Settings** .
2. Click **System** .
3. Click on the **Power & battery** page .



1. Click on **Energy Recommendations** settings .



1. (Option 1) Click the **Apply** button for the energy recommendations you want to use.



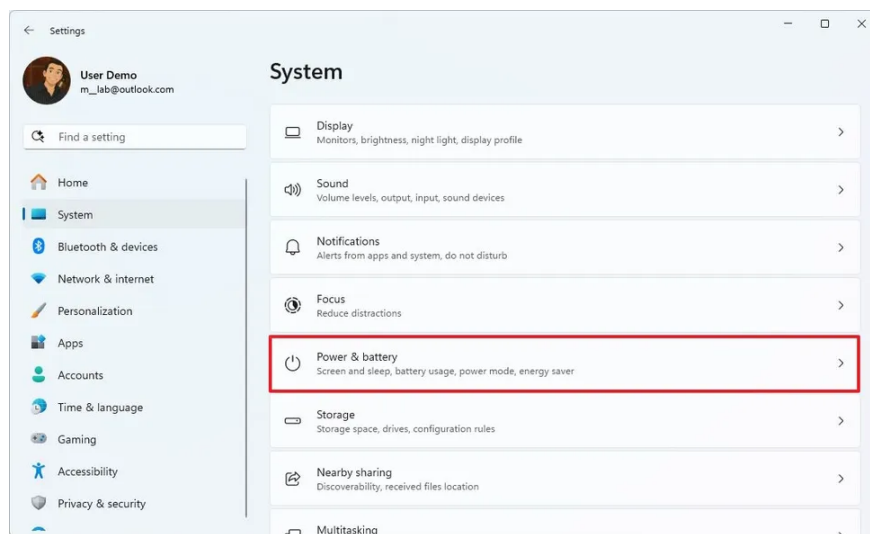
1. (Option 2) Click the **Apply all** button to use all recommendations.

Once you complete the steps, the system will apply recommendations to improve battery life on your computer.

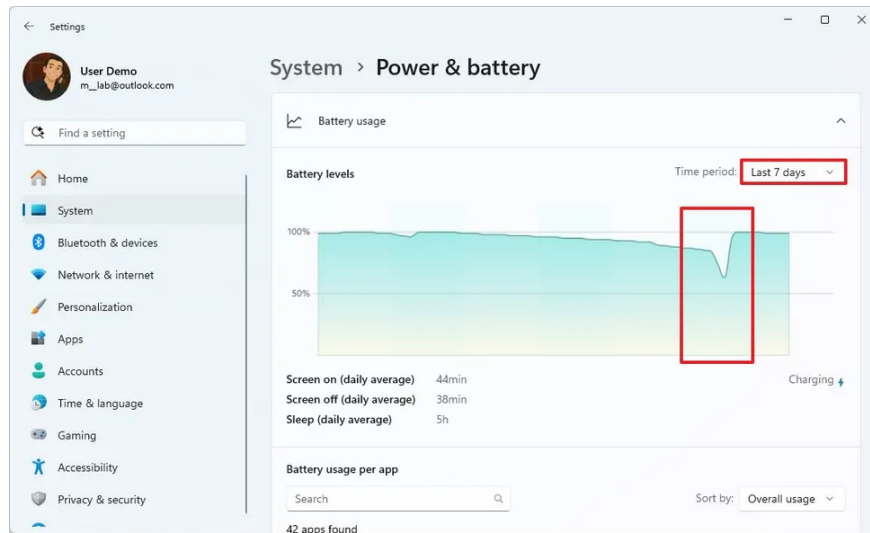
Restrict background permissions

If app processes are causing battery drain, you can restrict background permissions:

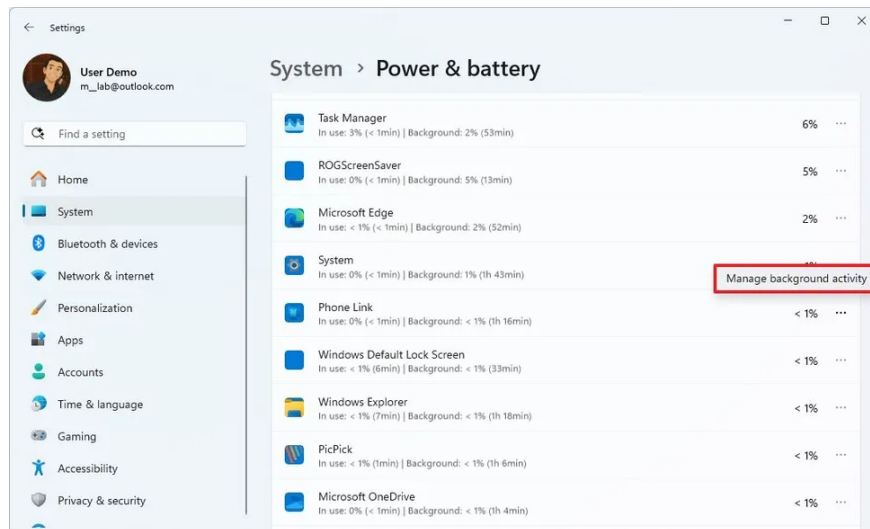
1. Open **Settings** .
2. Click **System** .
3. Click on the **Power & battery** page .



1. Click on **Battery usage** setting .
2. Set the time period to **Last 24 hours** or **Last 7 days** .
3. Select a section from the chart to see which apps used battery over a more specific time period.

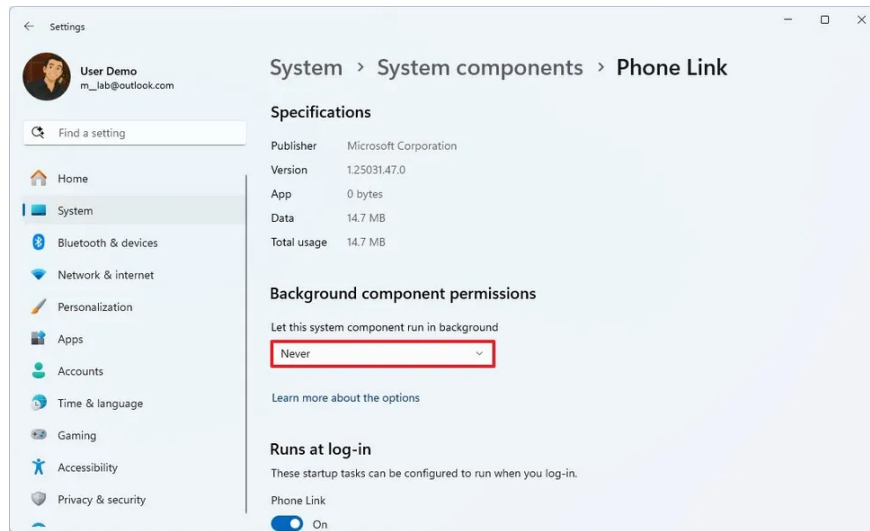


1. Select **Overall usage** from the Sort by menu.
2. Select the application you want to control.
3. Click on the menu button (three dots) and select the **Manage background activity** option .



Quick Note : This option is not available for all apps.

1. Select the **Never** option in the **Background app permissions** settings .

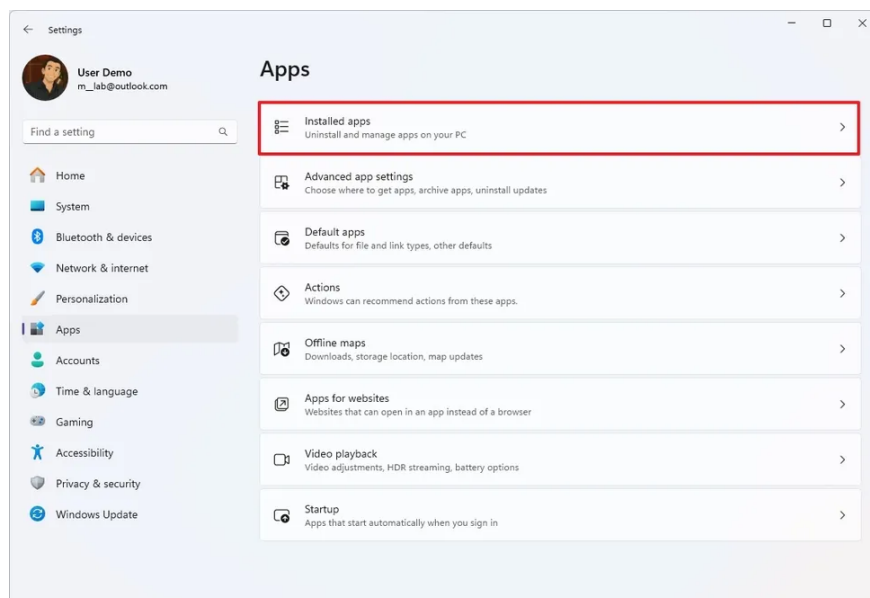


Once you complete the steps, the apps you configured with the **Never** option will no longer run in the background.

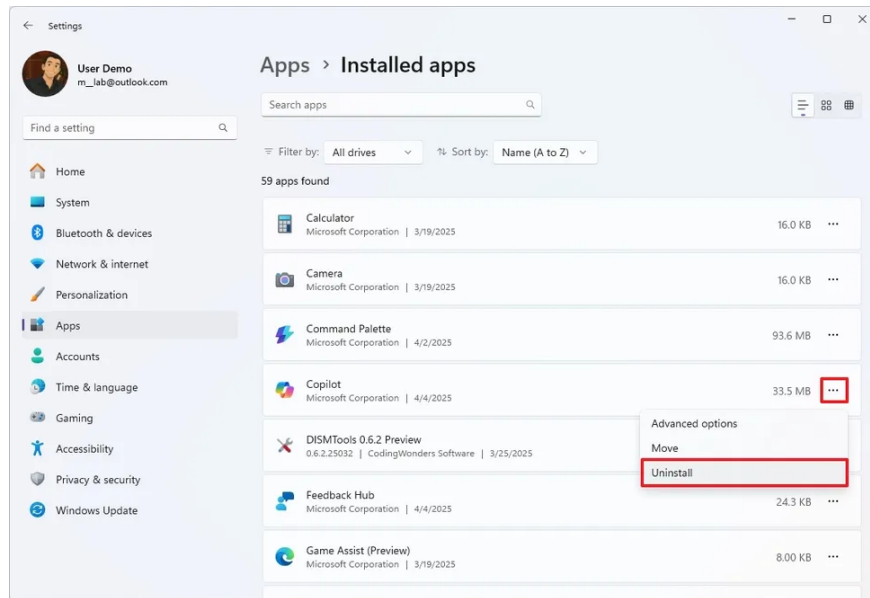
Uninstall the app

If a particular app is causing significant battery drain, you can uninstall it using the following instructions:

1. Open **Settings** .
2. Click **Apps** .
3. Click on the **Installed apps** page .



1. Select the app you want to uninstall.
2. Click on the menu button (three dots) and select the **Uninstall** option .



1. Continue following the instructions to complete the process.

After completing the steps, the system will uninstall the application, preventing the application from wasting system resources.

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