

# How to fix email out of sync on Android

If your email is not syncing on Android, the network administrator will guide you through a few methods that can get all email back on device.

You are very busy, but you cannot hear an email notification. If this doesn't happen often, you may have the problem that your Android phone no longer syncs your email, so you don't receive any new emails on the device. Fortunately, there are many ways we can fix this problem.

## 1. Make sure automatic email sync is turned on

Most email applications have automatic email sync mode so you can receive messages from any device. However, if you change some settings, you may accidentally affect this automatic mode.

You can activate this mode from the settings menu of your email client. The steps here will take on Gmail, and it's similar to any other email client:

1. Open the email app (Here is Gmail).
2. Tap **the 3-dash icon** in the upper-left corner of the screen and select **Settings (Settings)**.
3. Select an email account, if you have multiple email accounts with phone names.
4. Scroll down and turn on **Sync Gmail** or a similar option on other apps.



Reply and follow up

### Inbox Tips

Inbox Tips settings

### Data usage

Sync Gmail



Days of mail to sync

30 days

Download attachments

Auto-download attachments to recent messages via Wi-Fi



Images

Always display external images

Enable dynamic email

Display dynamic email content when available

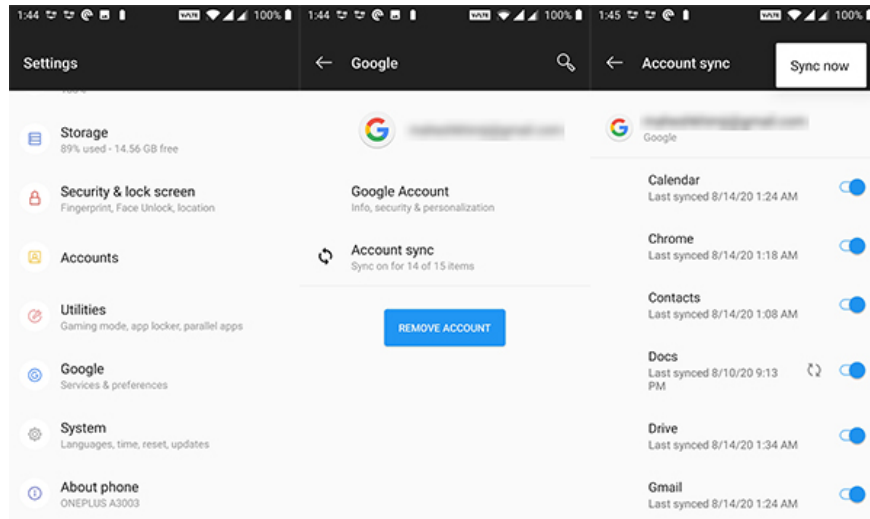


## 2. Manually sync email

If the automatic email sync doesn't work, you can do this manually. The email client will be forced to sync, search, and download new emails to your device.

This method is the same as normal sync processes, except that you have to go to settings and click on an option:

1. Open **Settings** on your phone and select **Accounts** .
2. Select email account with synchronization problems.
3. Select **Account sync** to view all features that can be synchronized.
4. Tap the **three dots** in the top-right corner of the screen and select **Sync now** .



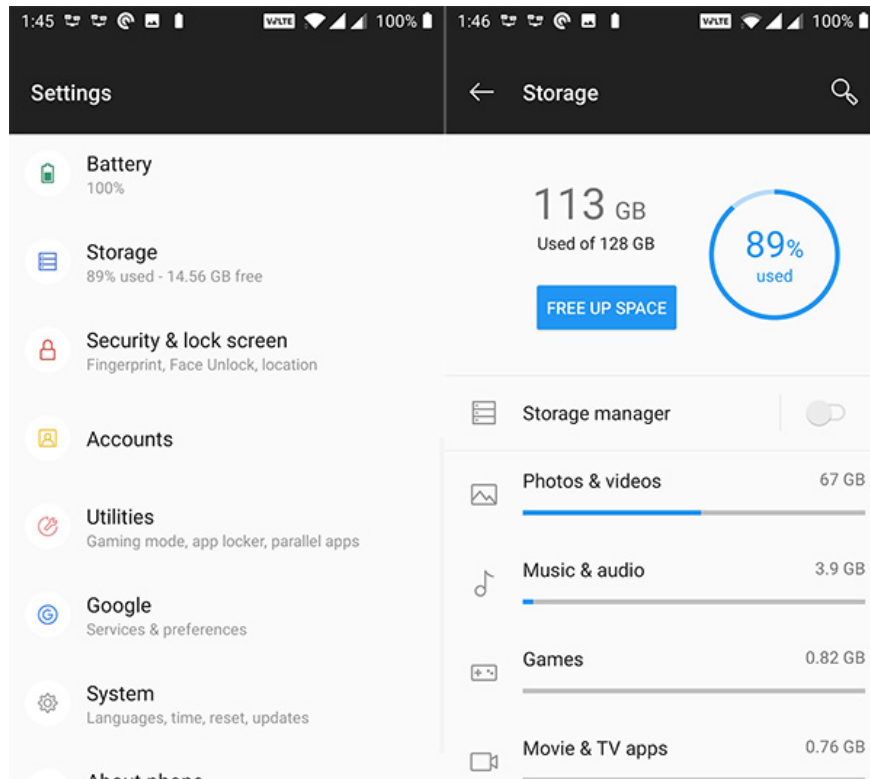
Your phone will start syncing data including email.

### 3. Free up space on Android device

Email when downloading will take up some space on your device. If your Android phone runs low, emails won't be able to download and this may be the reason why they no longer sync with the device.

You can solve this problem by deleting unnecessary files on your phone following the instructions below:

1. Open **Settings** on your phone and tap **Storage** .
2. You will see the total and amount of used and remaining space on your device.
3. Click **Free up Space** to find files taking up a lot of 'space' on your hard drive.



## 4. Enter the correct password to enter the email application

When you change the password for the email client, you must update it on your phone as well. If you don't, your device won't be able to sync new emails, because it simply doesn't have that permission anymore.

You can fix this problem by opening your email client and entering a new password. The application will connect to the email server and set up new notifications for you.

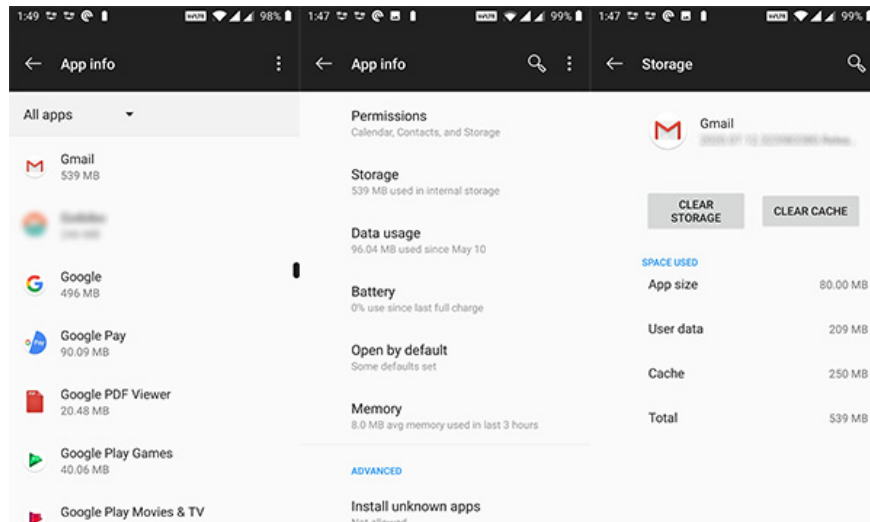
Remember to update your passwords in other devices so you can use your email accounts anywhere.

## 5. Clear the email client's cache and data

Like other apps on your phone, the email app also stores data and cache files on your device. While these files are infrequently problematic, deleting them to fix them is also a recommended practice.

Clear data and cache files will not lose your email, emails are stored in the server. To clear the cache:

1. Go to the **Settings** app and select **Apps & notifications** .
2. Find and select an email client (eg Gmail).
3. Select **Storage** .



You will see how much space the email client is taking up. Click **Clear Cache** to clear the cache data. You can select **Clear Storage** if you want, but this will delete all app data on your device, you will have to reinstall the app, log in and sync all the messages again.

Open the email app and reconfigure if needed.

## 6. Update email application

For best performance, you should update the app regularly. If it's been a while since you updated your email app, go to Play Store and update if the update is available.

New updates will fix existing bugs in the application. If email out of sync is also a vulnerability, updating your app should fix the problem:

1. Open the **Play Store** on your device.
2. Search for the email application you are using to see if there are new updates available (or go to **My Apps** to find them).
3. If there is a new update available, click on **Update** to download and install.

## 7. Re-add the email account into the app

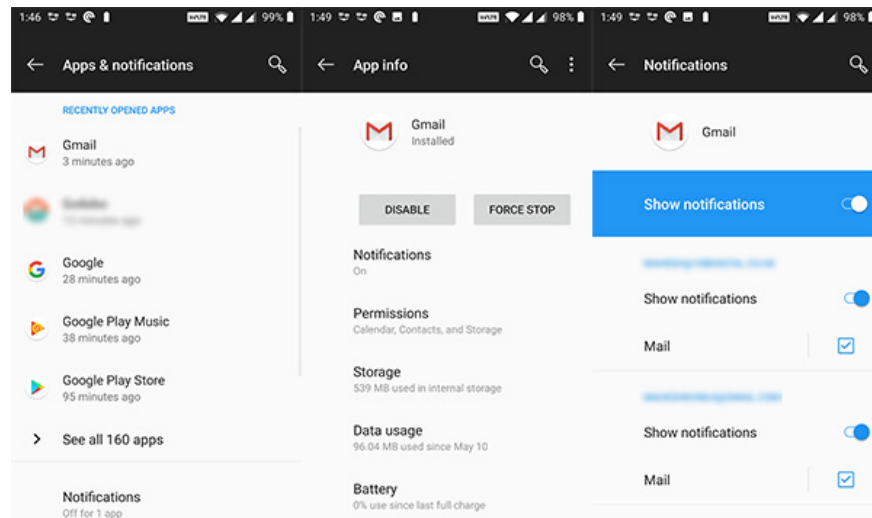
If you still haven't figured out the solution, you may be having problems with the configuration of your email account. In this case, the chemical deletes and re-adds that account to the app.

To do this, first you need to remove the email account from the app. In **Settings (Settings) > Account (Account)**, select an account then click **Delete Account (Remove account)** to remove it from the phone. Then re-add its email account according to the instructions of the email app.

## 8. Turn on notifications for the email app

Finally, if the email is still in sync, the problem might be with your phone not sending notifications. You can fix this by allowing the email app to send you notifications:

1. In **Settings (Settings) > Applications & notification (Apps & notifications)** and choose the email application you use.
2. Select **Notifications** .
3. Turn **on Show notifications** . You can customize the notification according to the purpose of use.



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