

How to fix frozen MacBook error

MacBook has always been famous as a laptop with good performance. However, sometimes users will still encounter cases where the MacBook freezes, freezes, and becomes unresponsive. In this article, TipsMake will guide you through extremely simple and easy ways to fix frozen MacBook errors.

The reason why a MacBook freezes can be due to many different reasons. Whatever the reason, the article below will provide detailed instructions on how to fix this problem as quickly as possible.

1. Main reasons why MacBook freezes

MacBook is a device with good performance and stability. However, just a simple problem like running too many programs, applications and tabs on the browser can cause your computer to freeze or freeze.

Similar to other laptops, when the MacBook's CPU has to handle too many applications or overflows the memory capacity, the user will encounter a situation where the circle rotates evenly and cannot move the mouse or anything on the screen. .

Here are some main reasons why MacBooks freeze or freeze:

- Running too many applications at the same time (this affects memory and CPU).
- Running too many processes in the background (same reason as above).
- Application crashes (just one app crashing can seriously impact your MacBook's performance).
- Opening too many Tabs in the browser.
- Attaching too many files to Email.
- Do not update macOS for a long time or the system has many junk files.
- Full hard drive capacity.
- Hardware problem with the drive or RAM.
- Malware.

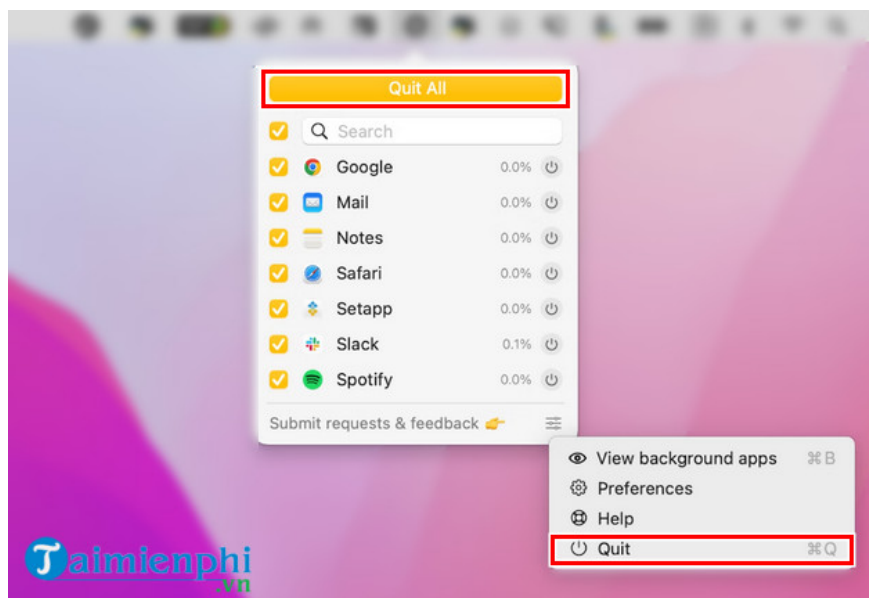
2. How to fix frozen MacBook error

The first thing to do when your MacBook freezes is to calm down and stop pressing the buttons on the keyboard. Then you can follow the methods below to fix this problem.

2.1. Force quitting the application causes the MacBook to freeze

App crashes are some of the most common reasons why a MacBook freezes. In this case, you need to determine which application crashed and caused the problem. Sometimes, an application running in the background crashes, making it difficult to detect the cause. However, the main reason is an application error running on the screen.

How to do it: Press **Command + Option + Esc** on your keyboard - this will bring up the **Force Quit** menu . Select the application you want to quit and click the **Force Quit** button . If you don't know which application is causing the freeze, click the **Quit All** button to quit all programs, including background programs.



2.2. Uninstall or reinstall unresponsive apps

If you frequently experience MacBook freezing issues when using certain applications, then force quitting the application is not the best solution. In this case, you will have to uninstall or reinstall those applications.

How to: To completely remove the app, you can use a MacBook optimization software called CleanMyMac X. This app has an Uninstaller that can perform the task safely and you can be used for free during the trial period.

Link to download CleanMyMac X [here](#) .

To uninstall an app using CleanMyMac X, follow these instructions:

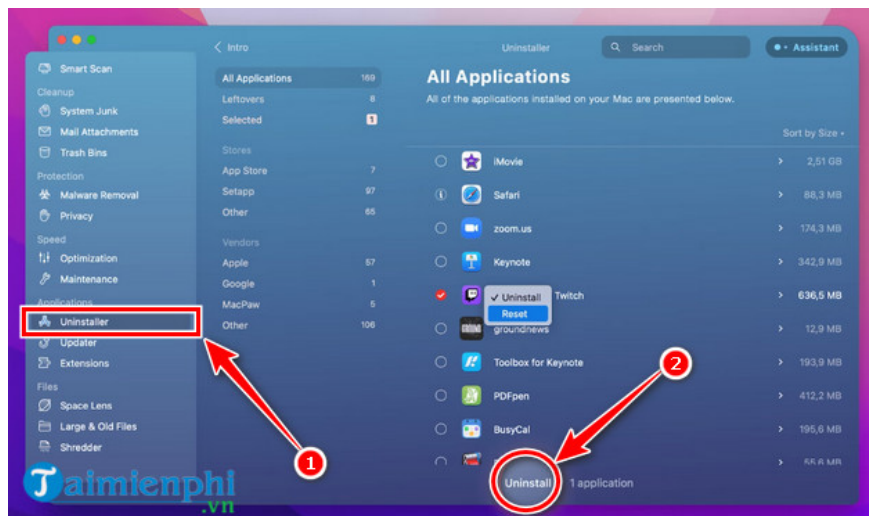
Step 1: Open CleanMyMac X via Setapp.

Step 2: Click on the **Uninstaller** tab.

Step 3: Find the application that causes frequent MacBook freezes.

Step 4: Select the application and click **Uninstall** .

Note: If you can't delete an app because you need it for work or any other activity, you can reinstall it. To reinstall the app, repeat the first three steps on CleanMyMac X, then right-click the arrow near the app name and select **Reset** .



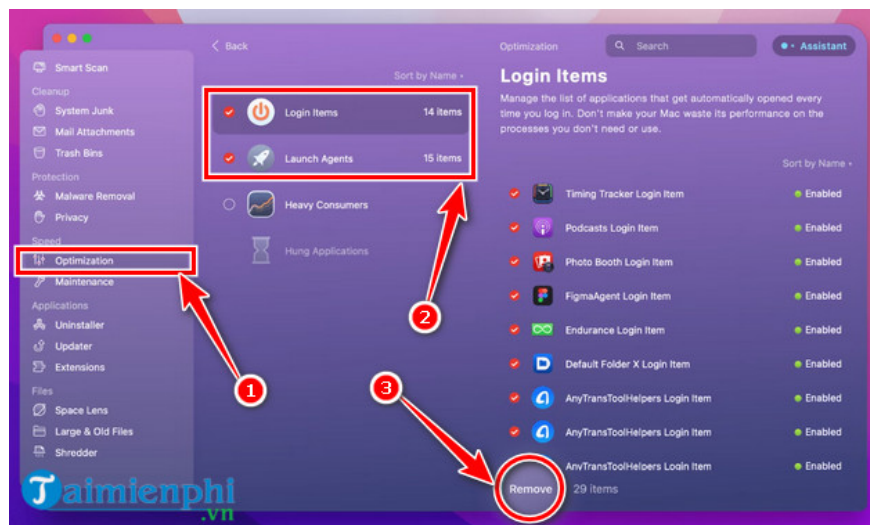
Resetting an app to defaults and clearing its cache may help resolve the freeze. In addition, you can check and update new application updates right on CleanMyMac X.

2.3. Quit all applications when too many applications are running at the same time

Another reason why a MacBook freezes is because there are too many applications running at the same time. Quit All will help you fix the problem in this case.

How to do it: Click the **Quit All** icon on the Menu bar, then open **Settings**, select **View background processes** and click **Quit All** .

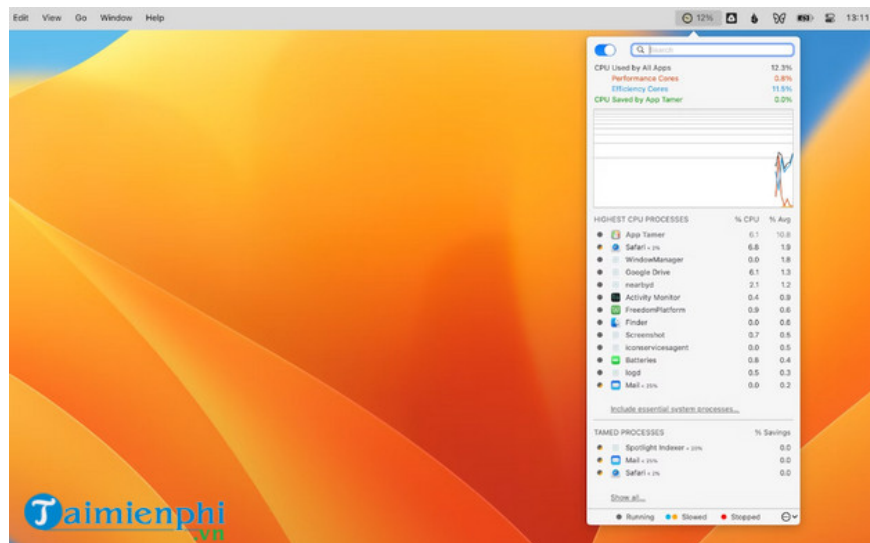
If your MacBook freezes as soon as it starts, you can fix it by using CleanMyMac X software to manage applications that start at the same time as your computer. To remove these applications, you need to select **Optimization > Login Items & Launch Agents > Remove**.



2.4. Stop background apps

Every year, Apple releases upgrades and improvements to MacBook processors. But even the newest CPUs can be affected if there are too many applications running in the background at the same time.

How To: To stop apps running automatically in the background, you can use App Tamer software to monitor per-app CPU consumption and stop programs that slow down your MacBook.

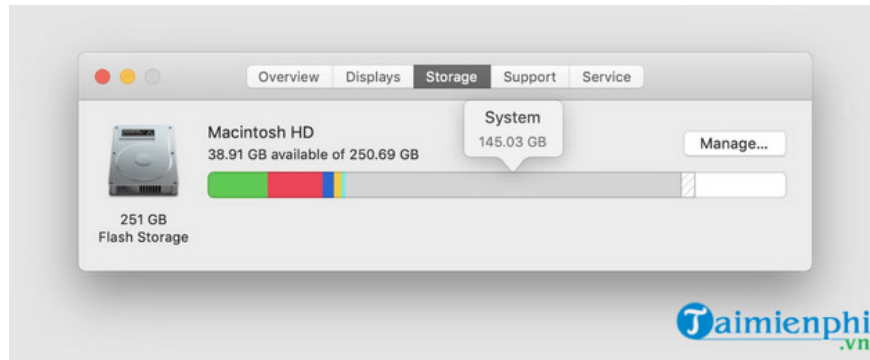


Link to download App Tamer [here](#) .

2.5. Clean up MacBook disk space

Overloading disk space can be the reason why your MacBook often freezes. You can check by clicking the Apple icon > About this Mac > Storage. If you don't have too many GB of free space left, it's time to clean up

your drive.



The simplest way to remove redundant files and refresh your system is to use CleanMyMac X. This software's cleaner can clean your hard drive with just one mouse click and a series of options. Semi-automatic to select and remove old large files.

How to do it: To clean your hard drive, in the CleanMyMac X application, click Smart Scan > Scan, then delete the junk files that CleanMyMac X has found.



Besides, you can spend some time carefully cleaning up old large files to free up many GB of space for your MacBook's hard drive according to the steps below:

Step 1: Select **Large and Old Files** and click the **Scan** button .

Step 2: Find files you don't use and want to get rid of.

Step 3: Click **Remove** to delete these files.

2.6. Clean up the MacBook Desktop

A cluttered and cluttered Desktop not only slows down your MacBook but can also cause many other problems, especially freezing.

How to do it: To clean up your Desktop, you can use the Spotless application. Spotless allows you to clean any file on your MacBook in a snap using the drag and drop feature or by scheduling Spotless to clean specific folders.

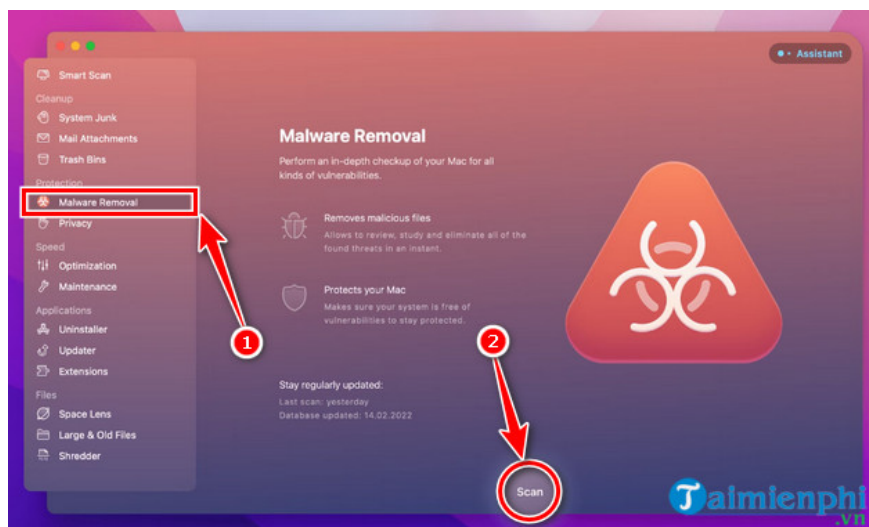


Spotless download link [here](#) .

2.7. Antivirus for MacBook

If your MacBook is not freezing due to a software or hardware error, it is very likely that your MacBook is infected with a virus that is causing the freezing.

How to do it: In the CleanMyMac X application, you can select **Malware Removal** and click **Scan** to scan for viruses on your MacBook. If CleanMyMac X finds any malicious files, you can delete them immediately to protect your MacBook.



2.8. Reset SMC

The System Management Controller (SMC) is a circuit in MacBooks using Intel chips, responsible for fan control, power management, etc. Resetting the SMC can help fix a number of MacBook problems, including freezing issues. machine.

How to do it: To reset SMC on Intel Mac, turn off your machine and disconnect all peripherals except the power cable, press and hold **the power button + Shift + Control + Option** for about 10 seconds. You can then turn your MacBook back on.

On MacBooks using the M1 chip, you cannot reset the SMC, but you can do the same by turning off your MacBook for 30 seconds and then turning it back on.

2.9. Reset NVRAM

Resetting non-volatile RAM or NVRAM (formerly known as PRAM) can also fix the MacBook freezing error on MacBooks using Intel chips. The MacBook M1 system will automatically reset NVRAM if there is a problem, so you can skip this method if you own a MacBook using an M1 chip.

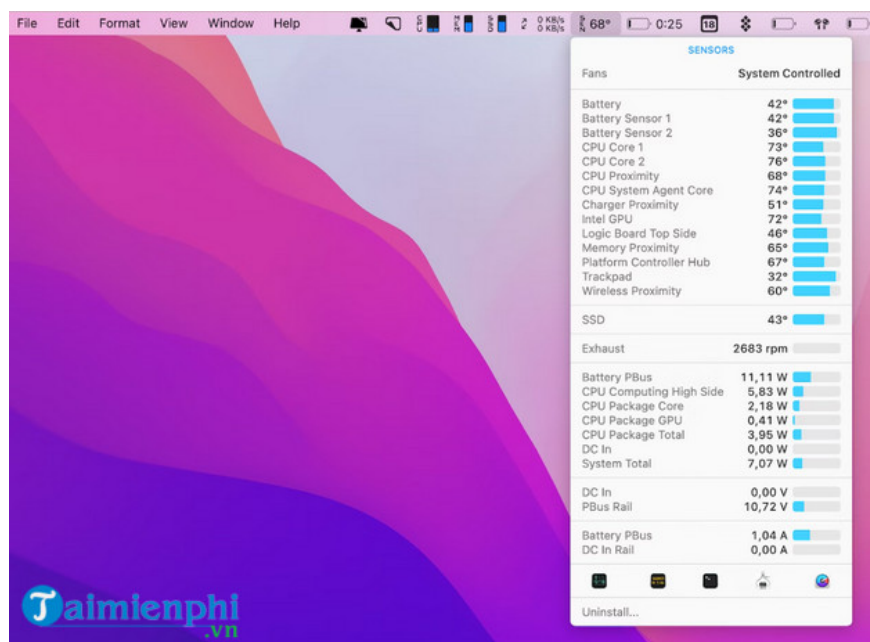
How to do it: Restart your MacBook, then press and hold **Command + Option + P + R** and wait about 20 seconds. You can release the key if you hear the startup chime a second time or when the Apple logo appears and disappears a second time (on MacBooks with the Apple T2 Security Chip).

2.10. Fix the issue where MacBook freezes but can still move the mouse

This case is quite rare and can be due to the following two reasons:

- Your MacBook is still locked and you can try all the usual solutions like restarting, finding problematic apps, cleaning the hard drive, etc.
- Your MacBook has a hardware problem.

For a more thorough check, you can run the MacBook's checker and view indicators about the hard drive, battery, CPU, etc. to find the problem.



How to do it: Disconnect all devices except the keyboard, mouse, monitor, and power cable. Place your MacBook on a flat surface, then turn it off.

For MacBook M1:

Step 1: Turn on your MacBook while holding the power button

Step 2: Release the power button when you see the boot options screen

Step 3: Press the key combination **Command + D**.

For Intel MacBooks:

Step 1: Turn on your MacBook and immediately press and hold the **D** key

Step 2: Release the D key when you see the progress bar or language selector.

Step 3: After completing the **Apple Diagnostics** scan , look at the bottom of the window and study the results. To exit, click **Restart** or **Shutdown** at the bottom.

Thus, TipsMake has introduced to readers the quickest and simplest ways to fix frozen MacBook errors along with detailed implementation methods. Good luck.

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