

Instructions to turn off applications running in the background on iPhone phones to save battery

To save battery for iPhone as well as use other applications 'smoothly', please turn off applications running in the background on iPhone according to our instructions below.

Many iPhone users often leave applications running in the background because they think it is convenient, especially when using many applications at the same time. Or there are people who do not know the existence of these applications running in the background and often wonder why their iPhone phone freezes, lags or runs out of battery faster.

Why need to turn off applications running in the background on iPhone?

Firstly, applications running in the background will consume more battery capacity, thereby damaging iPhone battery life.



Second, most apps running in the background use space to function. If you are in an area with wifi, it doesn't matter much, but if you are using 4G, 5G, your network data will run out quickly and make other applications run slower.

Third, applications running in the background also take up space, making it impossible to download important images, videos or documents. Turning off applications running in the background is also a way to help you not

need to upgrade memory and still be able to store necessary documents.

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There are 2 ways to turn off applications running in the background on the simplest iPhone that anyone can do.

The first way: Delete with the multitasking window

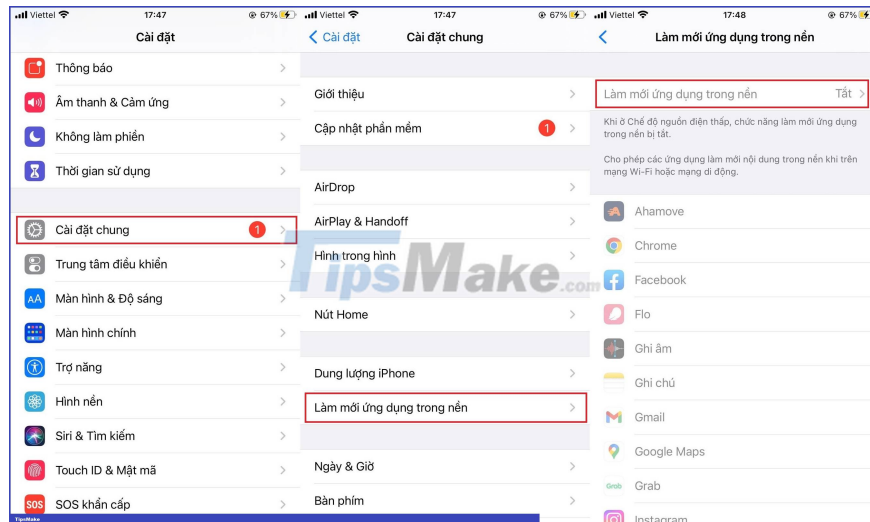
Each iPhone line has a different way of opening the multitasking window. If you are using an iPhone with a Home button (iPhone 8 series and earlier), you just need to press the Home button twice continuously to bring up the multitasking window and swipe up to delete it.



For iPhone models with FaceID (from iPhone X series) and above, swipe up from the bottom of the screen, hold for a few seconds to open the multitasking window and delete background applications in the same way.

Second way: Remove with settings

- First, go to Settings and then select General.
- Next, you select Background app refresh, then select Off status.
- In addition, if you want to turn off some unused applications, turn the status button to the left in the application section you want to disable.



Above are 2 ways to turn off applications running in the background on iPhone phones to save battery life in the simplest way that anyone can do. If there are any problems during the implementation, do not forget to respond to us for the fastest advice!

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