# Steps to fix slow Apple Watch error

All devices slow down over time, but you don't need to fix it. Follow these tips to speed up your Apple Watch again.

While the Apple Watch is a great tool and companion in your daily life, it's not always the fastest Apple device available. That doubles if you've been using your Apple Watch for a long time.

Continuous use of Apple Watch, combined with new and more demanding apps or features, can cause the watch to slow down over time. If that happens to you, here are some fixes you can try to make your Apple Watch run as smoothly as a new watch.

## 1. Update Apple Watch

Keeping your Apple Watch up to date is important if you want to fix any bugs or issues that might be causing it to run slower than usual. Not only that, but software updates also often fix security issues. So keeping your Apple Watch up to date, as well as your iPhone and other devices, should be a top priority.

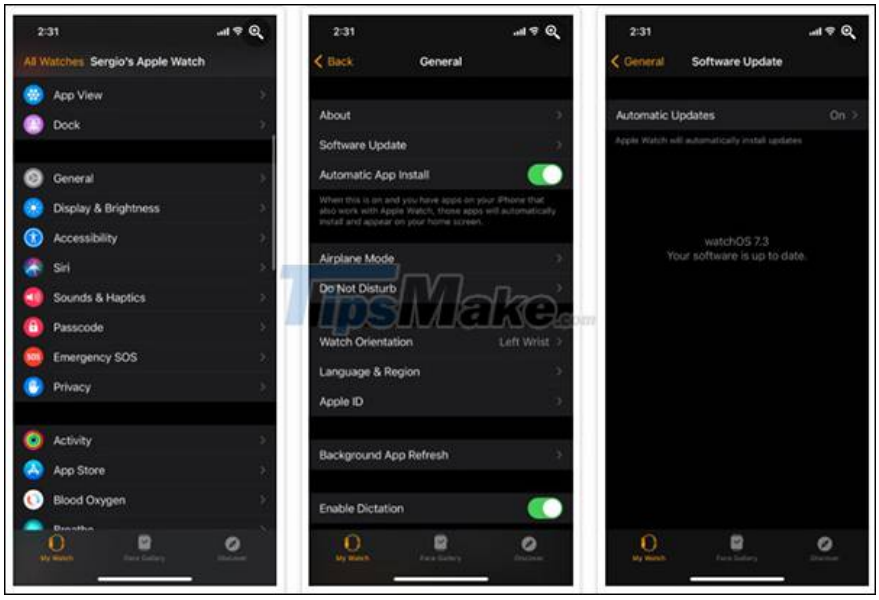
You can use your iPhone or the Apple Watch itself to update the software.

**To check for Apple Watch updates on iPhone:**

Step 1. On iPhone, go **to the Watch app** .

Step 2. Select **General** .

Step 3. Select **Software Update** .




**To check for updates on Apple Watch:**

Step 1. On Apple Watch press the **Digital Crown** to enter the main screen.

Step 2. Select the **Settings** icon .

Step 3. Press **General** .

Step 4. Select **Software Update** .

If an update is available, install it now. You can turn on auto-update to have your Apple Watch automatically update its software.

# 2. Reduce motion on Apple watch

Apple Watch shows quick animations when you open an app. While they're aesthetically pleasing, these animations can cause your Apple Watch to run slower than usual. You can turn them off via the Reduce Motion feature.

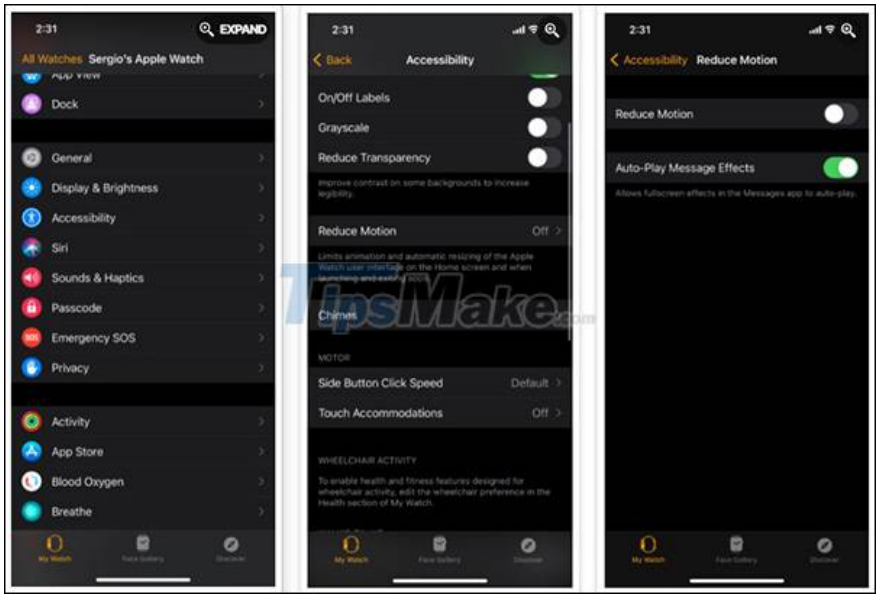
**How to reduce motion (Reduce Motion) on iPhone:**

Step 1. Open **the Watch app** on your iPhone.

Step 2. Go **to Accessibility** .

Step 3. Click **Reduce Motion** .

Step 4. Turn **on the Reduce Motion feature** .




**How to reduce motion (Reduce Motion) on Apple Watch:**

Step 1. On Apple Watch, press the **Digital Crown** to return to the main screen.

Step 2. Select **Settings.**

Step 3. Select **Accessibility** .

Step 4. Select **Reduce Motion** .

Step 5. Turn on **Reduce Motion** feature .

This change is so small, you may not see any difference at first. However, your Apple Watch will benefit from it in the long run.

## 3. Delete some apps to free up space

Since the Apple Watch can automatically install any app available on your iPhone, the storage space will quickly fill up without you knowing it. Freeing up Apple Watch memory can help reduce latency to make it faster.

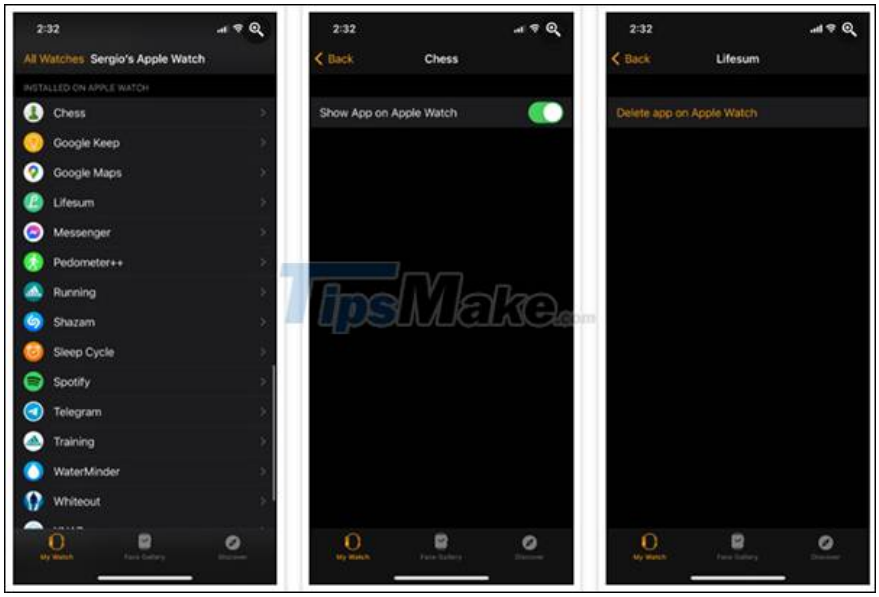
**To delete apps on Apple Watch from iPhone:**

Step 1. Go **to the Watch app** .

Step 2. Scroll down to the bottom and you will see a list of apps installed on your Apple Watch.

Step 2. If an app is still installed on iPhone, turn off **Show Apps on Apple Watch** .

Step 4. If you deleted the app from your iPhone, tap **Remove App on Apple Watch** .



# 4. Disable Background Refresh on Apple Watch

Background App Refresh is a feature that allows suspended apps to run in the background so they can check for updates and fetch content when you need it. While it's a useful feature, it can also affect the Apple Watch's performance and even its battery life.

You can disable this feature through the following steps.

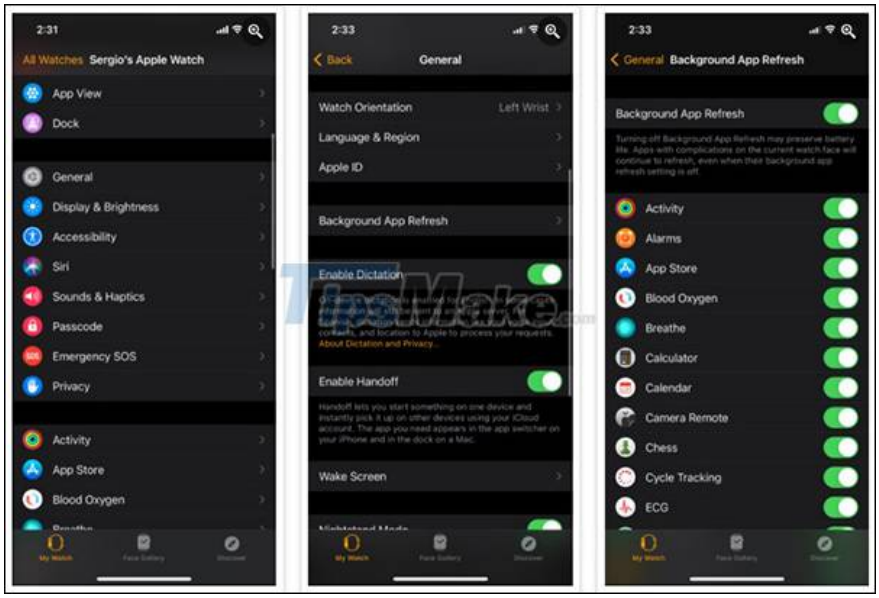
**Turn off Apple Watch background app refresh on iPhone:**

Step 1. Open **the Watch app** .

Step 2. Go to **General** .

Step 3. Select **Background App Refresh** .

Step 4. Select the apps you want to disable or disable all background app refresh.




**To turn off background app refresh on Apple Watch:**

Step 1. **Go to Settings** on Apple Watch.

Step 2. Select **General** .

Step 3. Select **Background App Refresh** .

Step 4. Select the apps you want to disable or disable all background app refresh.

# 5. Restart Apple Watch

If Apple Watch is still running slow, restart the device. There are two ways you can do it: reboot normally and force restart. It's worth mentioning, though, that you should only force restart your Apple Watch if you have no other choice.

**To restart Apple Watch:**

Step 1. On Apple Watch, hold **down the side button** until you see the Power Off slider.

Step 2. Drag **the Power Off slider** to the left.

Step 3. When the Apple Watch turns off, press and hold **the side button** again to turn it back on.

**To force restart Apple Watch:**

Step 1. Hold down the **Digital Crown** and **the side buttons** on the Apple Watch for about 10 seconds.

Step 2. Release your hand when you see **the Apple logo** displayed on the watch.

## 6. Erase Apple Watch data

If the above methods fail, you can erase all Apple Watch data, returning it to the state it was in when it was purchased. However, you need to think carefully before deleting data on Apple Watch, because it will erase all content and information you have or are using on the watch.

**How to delete Apple Watch data on iPhone:**

Step 1. Open **the Watch app** .

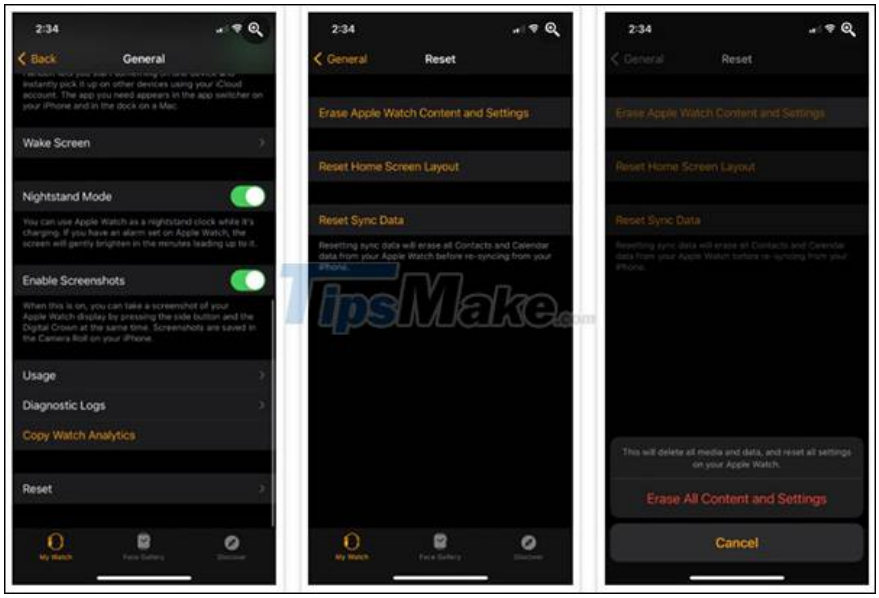
Step 2. Turn on **General** .

Step 3. Scroll down and select **Reset** .

Step 4. Select **Erase settings and content** on Apple Watch.

Step 5. Confirm again that you want to erase Apple Watch data.

Step 6. Enter the password and confirm it again.




**To clear data on Apple Watch:**

Step 1. Open the **Settings** app on your Apple Watch.

Step 2. Select **General** .

Step 3. Scroll to the bottom and select **Reset** .

Step 4. Click **Erase All Content and Settings** .

Step 5. Enter the password and confirm again.

In either case, you'll have to reset your Apple Watch from scratch.

Hope the above information is useful to you. Good luck.

You finished reading the article "**Steps to fix slow Apple Watch error**" edited by the **TipsMake** team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.

© 2019 TipsMake.com