

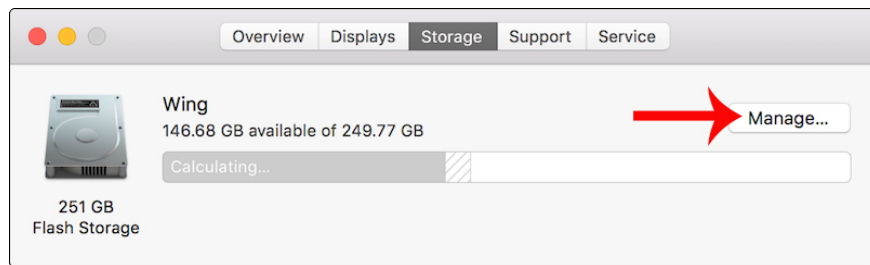
Which items need attention when cleaning up memory on macOS?

Cleaning up the memory on macOS Sierra will help the machine run faster, especially able to regain large storage capacity for the system.

On the macOS Sierra operating system versions later on, Apple has provided more intelligent, efficient storage management mechanisms. As a result, users can use these features to control memory on the computer effectively. If, as before, to check the memory capacity, you often have to use 3rd party CCleaner or CleanMyMac, it will be much simpler now.

In the following article, we will show you how to clean up the memory on macOS Sierra.

First of all, users click on the Apple icon in the upper left corner of the screen and then select **About This Mac> Storage> Manage** .

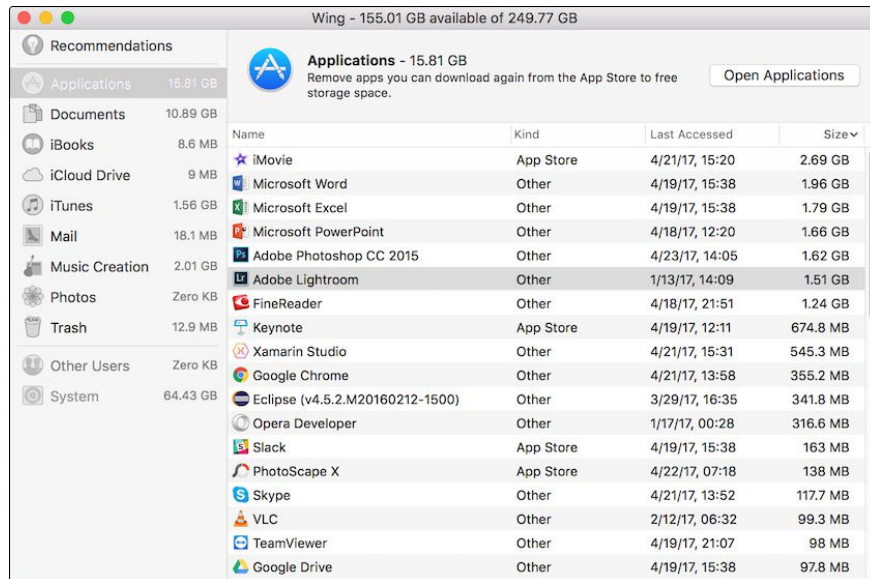


Soon all applications or programs that are occupying system resources appear. For effective memory cleanup, users need to pay attention to the following items.

1. Applications section:

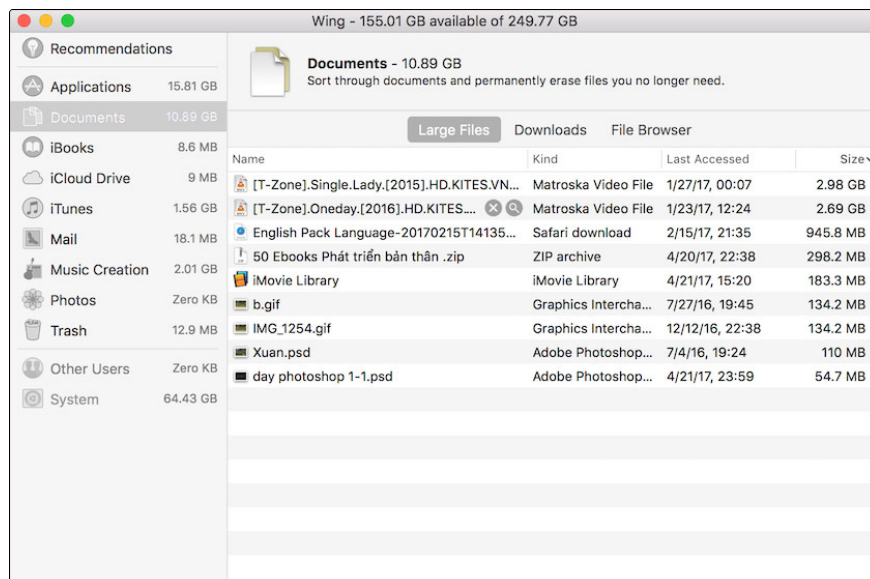
Applications will display the entire running application on the computer as well as the storage capacity in use. In this list, you will control the entire application and can find applications that do not need to be used. For applications that are no longer used, it is best to delete them.

Click on the application and then click on the X to delete the application.



2. Documents section:

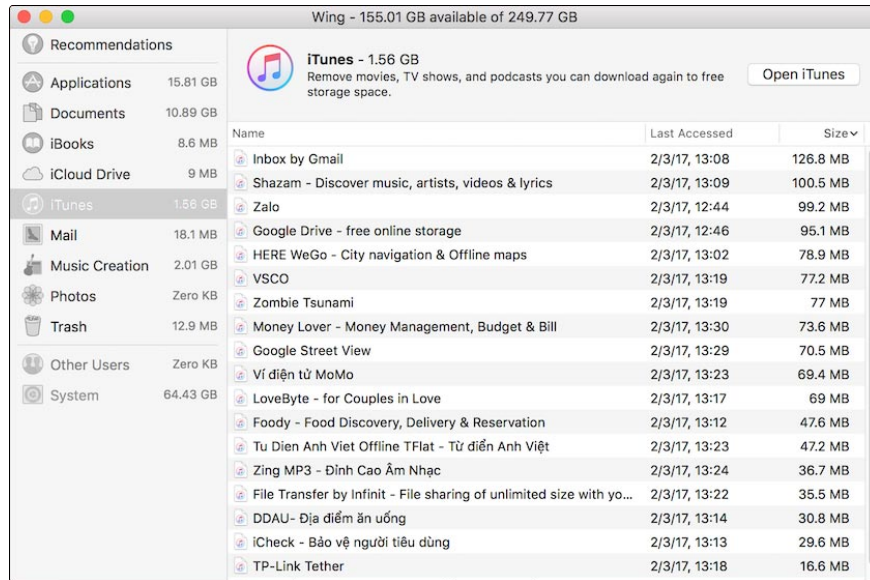
Documents is a place to store large files (Large Files), files that have been downloaded to the computer for a long time but have not been reused (Downloads). Please rely on this section to filter all the files on your computer, remove unnecessary files, no longer use them to delete them. The amount of memory on the system will also be freed a lot, when you delete some large files.



3. iTunes section:

iTunes is a familiar tool for Apple devices, which helps to synchronize data between a Mac and iPhone, iPad. However, it is possible after users download certain data to conduct sync on iPhone / iPad but do not delete, it will also take up a large amount of memory when the number of those files becomes more and more.

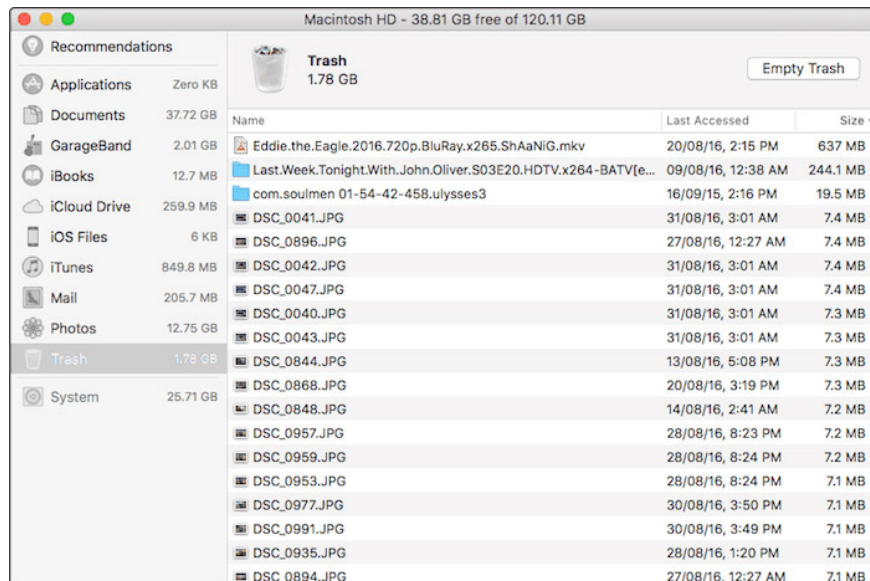
The thing to do is to regularly filter existing data in iTunes to free up memory for macOS.



4. Trash Items:

After removing all applications, downloaded files, files synced in the above items, the Trash Trash item is an item that must not be ignored. When pressing delete data, they will be transferred to Trash, to wait for user to delete again. As soon as you delete the data from the above items, you need to go to Trash and delete those files again, by pressing Empty Trash

Thus all data has been completely deleted from the system.



Regularly checking the files in the above sections will help you easily control which applications or files you need to keep. When removing applications, data that no longer needs to use will regain a large amount of memory for macOS Sierra system memory.

Hope this article is useful to you!

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