# Minimise data and battery usage on your mobile phone

## Battery Usage

### Today's phone

Many new smartphones offer long hours of battery life, but what if you:
- Had an older model that may not last as long?
- Or travelling or working and need to stretch out the battery life?

### Best practices to live by

What the Responsible Battery Coalition has to say:
1. Avoid extreme temperatures, both high and low, when using or storing lithium-ion batteries
2. Minimise the amount of time a battery spends at either 100% or 0% charge, as both extremely high and low "states of charge" stress batteries
3. Avoid "fast-chargers" that, while convenient, also degrade lithium-ion batteries more quickly that standard charging

## Some settings you can change

### Activate Low Power Mode

- This is one of your strongest weapons against battery drain.
- When this is on your phone only performs the most essential of tasks, so background activities like downloads and mail fetching are disabled
- This kicks in automatically when the battery falls below a certain percentage (iphone – 20%), but you can activate it manually to keep your phone going longer
- On iPhone - **Settings – Battery – Lower Power Mode** – slide on
- On Android – swipe down from the top of the screen – tap **Battery Saver**
- When activated, you see the battery icon turn yellow

**Adjust Screen Brightness**

- Smartphones displays are bigger and brighter and these use a lot of your battery life
- Good news! - you can dim these
- Activate auto-brightness – your phone will adjust to your current lighting situation
    - **Settings > Accessibility > Display & Text Size > Auto-Brightness** and toggle on
- Manually adjust brightness
    - **Settings > Display & Brightness >** use the slider bar

**Turn off Location Services**

- Location services are helpful for apps like Google Maps, but this also wears down battery
- Turn off location services to stop your phone for feeding location to these services
    - **Settings > Privacy > Location Services**
- This will make a number of useful apps stop working.  Weather, Maps, etc.  So you can customise which apps use location services
    - **Settings > Location Services > Select the app >** Choose Never, While Using the App, or Always

**Turn off Background refresh**

- When you close an IOS app, it will keep running for a bit until entering a suspended state.
- With Background refresh those suspended apps can still check for updates and new content
- Disable background app refresh
    - **Settings > General > Background App Refresh >**  choose Off, Wi-FI or Wi-Fi & Cellular Data

**Cut down on notifications**

- If your screen lights up with a preview of every notification you receive, it is consuming power with each text, breaking news alert, or social media follow
- Customise how you want to receive notifications on specific apps
    - **Settings > Notifications >** customise how, when and where specific apps will show notifications
- Both iPhone and Android – you can directly select a notification you would like to disable in the future.  Swipe left on the notification when it appears and tap Manage.

**Switch to Aeroplane Mode**

- If you are in a real power jam, put your device in Aeroplane Mode – which turns off all of your phone's wireless features
- Calls and texts will not come through, but you can still connect to Wi-Fi if necessary for internet app messages and other tasks
- **Settings > Aeroplane Mode >** slide on
- You will see the airplane icon at the top of your screen

**Turn off Wi-Fi and Bluetooth**

- Using Wi-Fi is a great way to cut down on the amount of data you use, but it does not do wonders for your battery if you are not using it
- Your phone continually searches for Wi-Fi networks
- Bluetooth is constantly looking to connect
- Turn off these services in the Control Centre or
    - **Settings > Wi-Fi**
    - **Settings > Bluetooth**

**Save data and battery without sacrificing navigation**

- Get ahead of accidental detours by making use of Google Maps' offline mode
- Open Google Maps
    - **Settings > Offline Maps >** then Local or Custom Map to get started
- You can either download the area around you or choose how big a map you want to save to your device

**Turn off Siri Suggestions**

- Your digital assistant Siri will make suggestions based on your activity or is waiting for your commands
- **Settings > Siri & Search > Under Siri Suggestions >** enable or disable
- **Settings > Siri & Search >** slide off Listen for "Hey Siri"

**Manage Vibrations**

- This mechanism in your phone responsible for vibrations uses battery life
- To disable this
    - **Settings > Sounds & Haptics >** slide off Vibrate on Ring and/or Vibrate on Silent

**Tame Cloud Settings**

- Photo features will send photos you take on your phone to the cloud, so you can access them on other devices and the web
- Great if your phone is lost, stolen or damaged – but this requires battery power
- To disable this
    - **Settings > Photos > iCloud Photos >** turn off

**Quit Apps**

- Quit or close your apps when you are no longer using them

E: enquiries@stayintouch.net.au  │  P: 03 9596 4547
PO BOX 8100, North Road LPO, 609 Hawthorn Road, Brighton East  VIC  3187

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### Check Battery Usage

- Quit or close your apps when you are no longer using them
  - **Settings > Battery >** check battery usage by health AND check Battery Health

### Buy a Battery Case

- If you still cannot manage to make it through the day without recharging, consider a batter case

**It that still does not work – it might be time for an upgrade!**

### Other Settings to change to save data

- Turn off Mobile Data
- Turn off Data roaming when overseas to avoid charges
- Turn off Personal Hotspot
- Stop Fetching Email
- Disable Automatic Downloads on Cellular Data
- Turn off Mobile Data for streaming and downloads and playing videos
- Avoid streaming high quality videos
- Turn off auto-play in Facebook
- Use WiFi at home

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