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battery. By being selective with their usage, you can optimize your battery life. When you're on the move, it's recommended to disable Wi-Fi, Bluetooth, and GPS to prevent your phone from constantly searching for available networks and devices. However, if you're in a stable location with a trusted Wi-Fi network, using Wi-Fi instead of cellular data can be more battery-efficient. Remember to turn off these features when not in use, and enable them only when necessary to strike a balance between connectivity and battery conservation. The screen is one of the most power-hungry components of your smartphone. Optimizing screen settings can have a significant impact on your battery life. First, reduce the display timeout on your phone to automatically dim or lock the screen after a shorter period of inactivity. This can be done by going to Settings > Display > Screen timeout on an Android phone and Settings > Display & Brightness > Auto-Lock on an iPhone. Second, consider reducing the screen brightness to a comfortable level. Lowering the brightness to at least 50% can help conserve battery power. On both Android and iPhone, you can adjust the brightness manually or enable automatic brightness adjustment based on ambient light conditions. Finally, take advantage of dark mode, especially if you tend to keep your display brightness high. Dark mode reduces the amount of power consumed by OLED screens, leading to improved battery life. While the exact impact may vary, it can result in significant battery savings in certain scenarios. In addition to extending your smartphones battery life, it's crucial to adopt charging habits that promote battery lifespan. Lithium-ion batteries, commonly used in smartphones, have a limited number of charging cycles before their capacity starts to degrade. To maximize your battery's lifespan, avoid completely discharging your phone and recharging it from zero to 100%. Instead, keep your phone's battery charge level above 20% and avoid letting it drop to zero before recharging. Charging your phone to only 80% can also reduce stress on the battery and prolong its lifespan. Many smartphones now offer optimized charging features that slow down the charging process and stop when the battery reaches full health. Take advantage of these features to prevent overcharging and excessive stress on the battery. Additionally, consider charging your phone in short spurts throughout the day rather than letting it drain completely. This practice, known as partial charging, can be beneficial for lithium-ion batteries' health and longevity. By adopting these charging habits, you can extend both your smartphone's battery life and its overall lifespan. With these tips and tricks, you can maximize the battery life of your smartphone and ensure that it lasts throughout the day. From keeping your operating system up to date to optimizing screen settings and managing power-hungry apps, every small change can make a significant difference. Remember to be mindful of your smartphone usage and make conscious decisions to conserve battery power when necessary. By implementing these strategies, you can enjoy a longer-lasting battery and avoid the frustration of a dead phone at crucial moments. We've all been there. Whether you forgot to put your phone on charge, or your battery is draining faster than expected, you probably know the feeling of a near-empty battery symbol at the top of the screen, right when you need your phone the most. Batteries have a lifespan. They don't stay in top shape forever. But the good news is, by adjusting some simple device settings and personal habits, not only will you help reduce how often you need to charge, but you may actually extend the battery's lifespan in the long run. Here's what you want to try. One of the biggest smartphone battery drains is the screen's backlight. Lowering the screen brightness can save battery in the short-term, but also helps to reduce wear on the battery's overall lifespan. You can also go a step or two further. So long as it doesn't affect your usability, try changing your background and screensaver to black or darker colors. That's because brighter, more colorful images demand more power from the backlight. This one is a simple idea, but it might be hard for a lot of people: one great way to save battery power and prolong the battery lifespan is to occasionally not use it for a night. Even if you keep the phone tuned on and connected, simply putting it to one side for an evening can really help. Try this just once a week and it could make a difference. It'll help reduce carbon emissions from data centers and extend the battery life in your phone, meaning you'll need to charge less. This is one of the most common drains of energy and a big reason why phones' battery lifespans deplete earlier than expected. Lithium-ion batteries are best kept 50-80% charged, so if you keep your phone on charge overnight, it can cause it to bounce between 99% and 100%, wasting energy. So, charging in short bursts throughout the day is probably the best way to preserve your battery life. But one of the best ways to reduce degradation on your battery and use less energy is to charge your phone in the evening, before bed. Then unplug and turn off your plug at the wall. How do you charge your phone? By using the little USB plug and cable that came with your phone, right? Well, that's usually the fastest method of charging your phone. But it's not the only way, and it's not always the best. We know this happens less these days, but if you drive to work, or travel a lot in general, one of the best ways is to charge your phone via your car using a car charger. This might even save a little on the electricity bill at home. You could also try solar power. In recent years, solar chargers for phones have come a long way. You can get ones which charge your phone directly, or ones which charge their own power banks for later use, so you have a little battery pack for when you need it most. I know what you're thinking: We have no sun! Well, that might be true in some seasons, but many modern solar chargers are designed to work even in low light or overcast days, making them a viable option all year round. Flight Mode basically stops your phone connecting to its mobile network, which blocks it from making and receiving calls, texts, and mobile data. So, if there are certain times of the day when you plan to stay off your phone like when you're eating, driving or at the cinema, activating Flight Mode can save you some juice. This is great for when you need to get the most out of that last drop of power. Super Battery Mode can help your phone last even longer. If your battery is very low, open your Battery settings and turn on Super Battery Mode. It temporarily closes your apps and restricts your phone's most power-hungry functions. You will still have access to calls, messages, and network connectivity. You can save power by turning off the screen when you don't need it. This also helps prevent pocket dials and other kinds of accidental screen touches. But you needn't do so manually all the time. Try adjusting the time after which your screen powers off automatically. This feature is called Screen timeout and you can find it under Settings > Display. This can be set to anywhere from 10 minutes down to 15 seconds. One of the most efficient ways to save battery life on your phone is to turn off the location function. And, you should also revoke the location permission for apps that don't require it all the time. This way, you're blocking those apps from using the service in the background, saving even more battery life. To do this, head over to Settings > Location > App permissions. Here, you'll see all the apps that are permitted to use location. For an app that you want to let use your location data, like Google Maps, choose it from the list and select Allow only while using the app. For others, choose Don't allow and they won't be able to access the location service at all. Nowadays, Android comes with a feature that continues to look for open Wi-Fi networks, even when you've turned Wi-Fi off. Since the service is running endlessly in the background, it's also secretly using the battery. Here's how to turn it off on an Android 13 device: Open Settings > Location > Location Services > Press Wi-Fi scanning. Toggle Wi-Fi scanning off. If the option is grayed out and you can't disable it, you might need to turn on location once to access it. Remember to turn off location again after disabling Wi-Fi Scanning. For older Android devices, you might find this setting under your connection or internet settings. Thinking about where, when, and how to charge your phone can make a big difference. Combine this with some adjustments in the device settings and you'll soon notice the difference. Remember, it's not just about saving a bit of battery life here and there. Batteries naturally degrade over time, but being more economical with charging and using your phone can prolong its lifespan. HMD Global Oy is the licensee of the Nokia brand for phones & tablets. Nokia is a registered trademark of Nokia Corporation. Android is a trademark of Google LLC. Google Maps is a trademark of Google LLC

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