

## Best Battery Practices for your Phone

Did you know there is a right and wrong way to treat the battery in your cell phone? It's actually a bit more complicated than "plug and play"!

Batteries in poor health can start doing things like this:



Now, to protect the life of your battery, and the overall health of your phone (as a swollen battery can actually permanently damage your cell phone), let's go over some of the most common myths, and then some helpful tips!

### Phone Charging Myths:

- 1) **It's dangerous to charge your phone overnight.** Modern cell phones have programming that stops charging the phone when the battery is full to protect the battery from issues.
- 2) **Freezing your phone before charging prevents battery problems.** False! Your phone doesn't want to be too hot OR too cold. Never put your phone in the freezer.
- 3) **My battery needs to drain to 0% before I charge my phone.** Running a smartphone until it's dead—a full discharge—every time is not the way to go with modern lithium-ion batteries. Don't even let it get that close to 0%. That wears out a lithium-ion battery even faster than normal. Partial discharge is the way to go.

### Helpful Tips:

- 1) **Do not put anything on top of your phone while it is charging.** This includes your pillow! Many folks stash their phone under their pillow while they sleep, but this can create extra heat, which isn't good for your phone (or you, if something goes wrong!)
- 2) **Remove your case while charging.** We know this one is a bit more tedious, but it technically is the best way to prevent from your phone getting too hot while its charging.
- 3) **Don't ignore cable problems.** If your charger is getting extra hot, your phone is getting extra hot while charging, or you see visible fraying on your charge cable, its time to replace it!
- 4) **Check the power-saver options on your device.** Windows and Mac both offer options to increase the efficiency of your battery. Be sure to check and optimize those settings!