



How To Speed up ANY iPhone : CHECKLIST

This checklist is a download that accompanies a full article '[How To Speed Up Any iPhone](#)' - one of many 'how to' iPhone, iPad and Mac advice posts that members of [iExpert Newsletter](#) receive every month.

In this action **CHECKLIST** we're not going to delve into the details (the much longer post in the iExpert Newsletter does that in detail!), we're just going to give you twelve fixes that you can go through **STEP by STEP** to speed up **ANY** iPhone.

Update to the latest iOS Software:

- ▶ (Settings > General > Software Update) and > Update.

Shut Down ALL Apps:

- ▶ Double Click the 'Home' Button to show all currently running Apps. Swipe up with three fingers to close

Install [Battery Doctor App](#):

- ▶ Install **Battery Doctor App**

Use [Battery Doctor App](#) to 'Boost' Memory:

- ▶ Open App > Click 'Memory' (bottom centre of screen) > Click 'Boost'

'Soft Reset' Your iPhone:

- ▶ Hold down 'Sleep / Wake' button and Home button simultaneously for 10 seconds. Let go when Apple Logo appears. iPhone will restart

Delete Unwanted Apps:

- ▶ (Settings > General > Usage > Manage Storage) and > Scroll down list. Select unwanted and unused Apps, click and 'Delete App'

Clear Cookies:

- ▶ (Settings > Safari > Clear History and Website Data) and > Click 'Clear History and Data'
- ▶ (Chrome App > Menu (Top Right) > Settings > Privacy) and > Click 'Clear All'

Turn off Automation:

- ▶ (Settings > iTunes & App Store) and Scroll to 'Automatic Downloads' > Select and Swipe Off

- ▶ Settings > General > Background App Refresh) and > Select 'Off' at the top

Reduce Graphics:

- ▶ (Settings > General > Accessibility) and Scroll Down > Reduce Motion and Swipe On

- ▶ (Settings > General > Accessibility) and Scroll Down > Increase Contrast > Reduce Transparency and Swipe On

Delete SMS Messages:

- ▶ Messages App > Select Thread > Swipe Left > Delete

Delete ALL unwanted media (music, photos & video):

- ▶ (Settings > General > Usage > Manage Storage) and > Scroll down list. Identify memory intensive media. In Music and Photos, delete unwanted.

CAUTION!

Do not restore your iPhone unless you are sure you have a very recent backup in your iTunes or iCloud or are prepared to start again from scratch with no data, contacts, photos, mail etc. ALL data will be erased.

If the steps in the checklist so far haven't significantly improved the speed of your iPhone, consider restoring from backup.

Apple update their latest advice on [this Apple Support Page here](#). If that fails to improve your device, consider restoring to factory settings.

Restore to Factory Settings:

- ▶ (Settings > General > Reset) and Select 'Erase All Content and Settings' > Enter Passcode and Tap to confirm > Enter Apple iD > Tap 'Erase'

NOTE: In the case of a restore (from backup or to factory settings) all the prior fixes in the checklist will be erased and you may wish to implement them all again in the restored device.

If you liked this checklist then you'll love the monthly 'iExpert Newsletter'.

Every month, leading experts create 5 or 6 in depth articles to help every iPhone or iPad owner get the most from their device without complicated jargon.

It's the secret insider sauce that Apple forgot to give you and is for people who don't get to follow every piece of Apple News every day. We do that and distil it into the monthly newsletter.

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