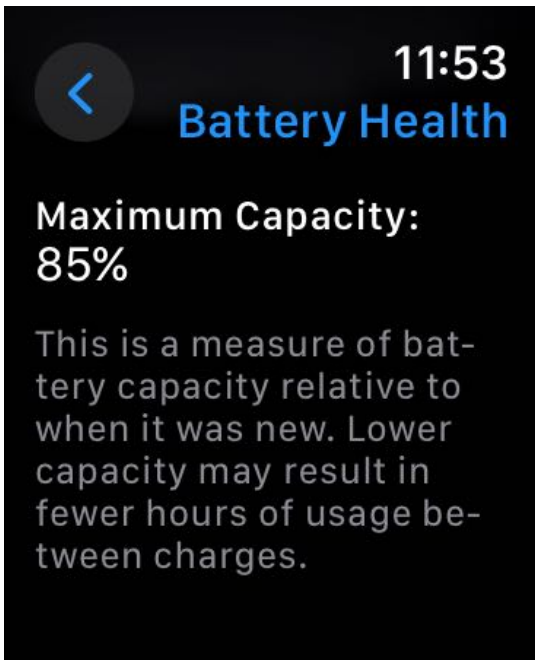




By Serhat Kurt Posted on December 9, 2024 Reading Time: 5 minutes



If your Apple Watch battery is draining faster than usual, it can be frustrating. Diagnosing and addressing the issue involves a series of checks and steps. Follow this guide step by step to pinpoint and resolve the problem.

Please note that Everyone’s situation is unique, so some of the tips below may not apply to you, while others might be helpful.

Like the iPhone, the Apple Watch also features a Low Power Mode that you can activate when needed. You can turn it on by opening the Control Center, swiping up, and tapping the battery percentage. Alternatively, navigate to **Settings** > **Battery** to enable it.

1. Check Battery Health

Start by checking the battery health of your Apple Watch:

- Open the **Settings** app on your Watch.
- Navigate to **Battery** > **Battery Health**.
- Ensure the **Maximum Capacity** is at least **80%**. If it’s below 80%, the battery may need replacement. Apple may replace your battery for free if you have AppleCare. However, the standard warranty does not cover battery replacement for normal wear and tear unless there is a manufacturing defect. You can check your AppleCare warranty status.
- While you’re there, consider turning off **Optimized Charging**, which might prevent the Watch from starting the day at 100% charge.

2. Consider Software Factors

The iPhone paired with your Watch plays a significant role in its battery performance. Issues with iPhone software or apps can cause the Watch to use more battery. Always ensure your iPhone and Watch are running the latest software updates. On your

iPhone and Watch, you can go to Settings > General > Software Update to check for updates.

3. Inspect for Physical or Environmental Issues

- **Post-Swimming Check:** If the Watch gets unusually warm or drains battery quickly after swimming, it could indicate water damage. [Contact Apple Support](#) or visit an Apple Store for inspection.
- **External Conditions:** Extreme temperatures can impact battery life. Avoid exposing the Watch to excessive heat or cold.

TIP: To store your Apple Watch for an extended period, keep it partially charged, around 50%. Avoid charging or leaving it in hot environments, such as direct sunlight, for prolonged periods.

4. Optimize Settings

Several settings can impact battery performance. Adjust the following:

- **Turn Off Background App Refresh:** Go to **Settings > General > Background App Refresh** and disable it. Please note that Apps with complications (like your steps) displayed on the active watch face will continue to update, even if their background app refresh setting is turned off.
- **Check Walkie-Talkie:** Ensure the Walkie-Talkie feature is off unless actively in use.
- **Disable Always-On Display:** Go to **Settings > Display & Brightness** and turn off **Always-On Display** to extend battery life.
- **Stop Background Workouts:** Check for any active workouts and end them if they're running unintentionally. This happens to me often. I often forget to end my workouts and the workout app keeps running without my knowledge.
- **Bluetooth:** Turning off Bluetooth on your iPhone can cause your Apple Watch to use more battery. To maintain efficient communication and conserve power, it's best to keep Bluetooth enabled on your iPhone.
- **Turn off Siri's Listen For:** if you're like me (and likely many others), you probably never use Siri on your Apple Watch. Yet, it's still constantly listening for the "Hey Siri" command, silently draining your battery in the background. On your Apple Watch, open Settings and navigate to Siri. In the "**Ask Siri**" section, select **Listen For** and choose **Off**. This will disable Siri's always-listening feature while still allowing you to activate it manually by pressing and holding the **Digital Crown**.

5. Manage Cellular Usage

If you have a cellular Apple Watch:

- Avoid keeping **cellular** turned on for extended periods when away from your iPhone. Turn it off manually when not needed to conserve battery.

6. Evaluate VPNs and Security Apps on iPhone

- Uninstall any **VPN apps, VPN-based ad blockers**, or similar security apps from your iPhone.
- Remove any associated profiles by going to **iPhone Settings > General > VPN & Device Management**.
- Ensure all iPhone apps are updated via the App Store.

7. Force Restart Both Devices

Sometimes, a simple restart can resolve temporary glitches:

1. Restart Apple Watch:

- Press and hold the **side button** and **Digital Crown** together for at least 10 seconds.
- Release both buttons when the Apple logo appears.

2. Restart Paired iPhone:

- Force restart your iPhone while the Watch is restarting:
- Quickly press and release the **Volume Up** button.
- Quickly press and release the **Volume Down** button.
- Press and hold the **Side (Power)** button until the Apple logo appears, then release it.

Monitor performance for a couple of days after these steps.

8. Unpair and Re-pair the Watch

If the battery still drains excessively:

1. Unpair and erase the Apple Watch:

- Follow the steps in this guide to unpair and erase the Watch.

2. Re-pair the Watch to your iPhone:

- Set it up again, but initially restore from a backup. If the issue persists, try setting up the Watch as new (without restoring from a backup). Note that this will remove custom watch faces and some settings.

9. Test for Hardware Issues

If none of the above resolves the issue, the problem may lie with the hardware. Here's how to test for a self-discharging battery:

1. Charge the Watch to **100%**, then leave it on the charger for a little longer, like a 20 min more.
2. Power off the Watch completely:
 - Hold the side button until you see the **Power Off** slider. Use the slider to turn off the Watch.
 - Briefly press the Digital Crown to confirm the Watch is fully off.
3. Leave the Watch off for **8 hours or overnight**.
4. After this period, power the Watch back on and check the battery percentage in **Settings > Battery**. A healthy battery should only drop by about **2%** (98% remaining).

If the battery drains significantly while powered off, it's likely experiencing internal self-discharge and needs to be serviced.

10. Seek Professional Help

If the Watch continues to have battery issues:

- Visit the Apple Support page for service options. Visit this URL: <https://support.apple.com/watch/repair>
- Include a copy of your battery test results and a screenshot of the battery usage graph.

By following these steps, you should be able to identify and resolve the cause of your Apple Watch's battery drain.

Please note that battery wear from regular use is not covered under Apple's standard warranty. However, if you have AppleCare+ and your device's battery capacity has dropped below 80% of its original level, you're eligible for a complimentary battery service.