

May 13, 2025



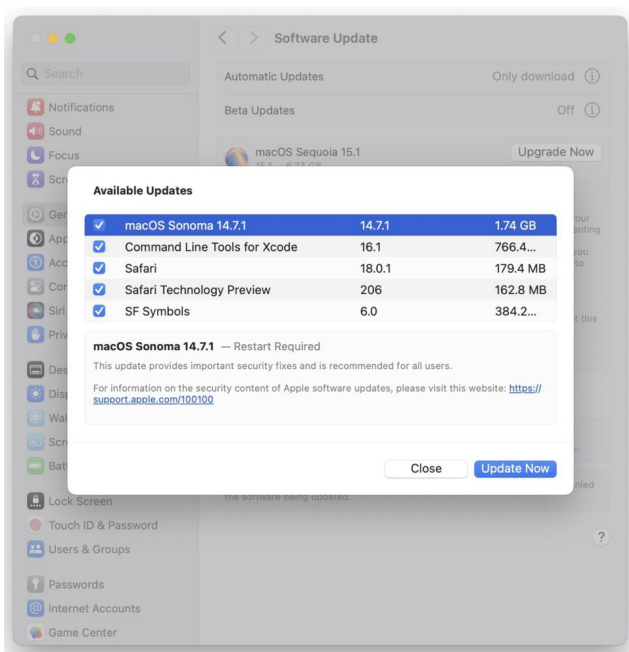
MacOS Sonoma 14.7.6 and macOS Ventura 13.7.6 have been released by Apple for Mac users who are not running the macOS Sequoia operating system. These updates focus exclusively on security updates, with no other changes or features.


The release of macOS 14.7.6 and 13.7.6 comes alongside the [MacOS Sequoia 15.5 update](#) that was simultaneously released.

Additionally, software updates are available for iPhone and iPad as [iOS 18.5 and iPadOS 18.5](#), iPadOS 17.7.7, along with updates for watchOS 11.5, tvOS 18.5, and visionOS 2.5.

How to Download & Install macOS Sonoma 14.7.6 or macOS Ventura 13.7.6

As usual, be sure you [backup your Mac with Time Machine](#) before starting a system software update.



1. Go to “**System Settings**” from the Apple  menu
2. Go to “**General**” and then go to “**Software Update**”
3. Ignoring the macOS Sequoia banner if you see one, look for the “Also available” section and click on the microscopic text button that says “More Info...”
4. Be sure that macOS Sonoma 14.7.6 or macOS Ventura 13.7.6 is selected, and then select “**Update Now**”

The Mac will restart to complete installation.

Direct download links for macOS Sonoma 14.7.6 & macOS Ventura 13.7.6

- [macOS Sonoma 14.7.6 InstallAssistant.pkg](#)
- [macOS Ventura 13.7.6 InstallAssistant.pkg](#)

macOS Sonoma 14.7.6 Release Notes & macOS Ventura 13.7.6 Release Notes

Release notes accompanying the downloads are short:

This update provides important security fixes and is recommended for all users.

For information on the security content of Apple software updates, please visit this website: <https://support.apple.com/kb/HT201222>

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