NAPLES COMPUTERS HOW-TO · WINDOWS TIPS

Laptop Battery Health: Make It Last Longer

A laptop battery wears down from heat and charging extremes more than from normal day-to-day use. This guide covers what actually causes the wear, how to let Windows and Mac manage charging for you, and how to check your battery's real health.

What actually wears a battery down

It's not just time, it's heat and charging pattern.

Heat, more than anything
High temperatures age a battery faster than normal daily use.

Living at the extremes
Sitting at 100% plugged in, or draining to 0%, adds extra wear.

Let the OS manage it
Windows and Mac both have built-in features that help, automatically.

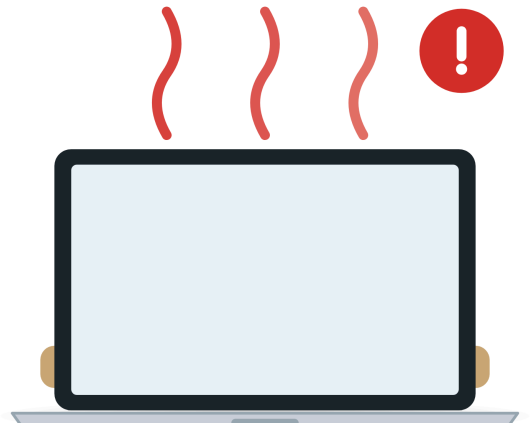
How to make your laptop battery last longer

#1 CAUSE OF WEAR

1 Heat is the real enemy

A laptop on a bed, couch, or pillow traps heat against the battery. So does blocking the vents.

WHAT TO DO
Use it on a hard, flat surface, and keep the vents clear, especially while charging.



Soft surfaces trap heat, that's hard on the battery

#2 CAUSE OF WEAR

2 Avoid living at the extremes

Sitting fully charged for hours, or routinely draining to empty, both add extra wear over time.

WHAT TO DO

A quick top-up here and there is fine. You don't need to baby it, just avoid the extremes.



Stay in the green zone when you can

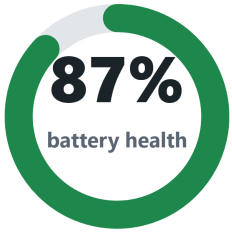
HOW TO CHECK

✓ Check your actual battery health

Windows: run powercfg slash batteryreport from an administrator Command Prompt. Mac: System Settings, Battery, Battery Health.

WHAT TO DO

Compare design capacity to current full-charge capacity, that gap is how much the battery has actually worn.



Battery Report, or System Information

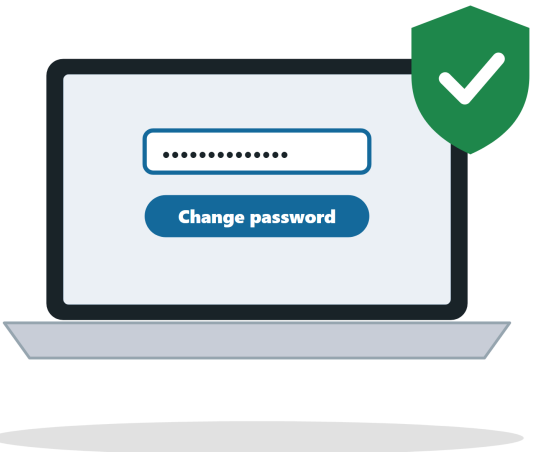
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Battery not holding a charge anymore?

We can check its real health, and replace it if it's genuinely worn out.

WHAT TO DO

Call 239-513-1960 to get it checked.



Checked, and replaced if needed

Let your laptop help

- [ ] Mac: Optimized Battery Charging
  System Settings, Battery, it learns your routine and delays charging past 80%
- [ ] Windows: Energy recommendations
  Settings, System, Power & battery, Energy recommendations
- [ ] Both: skip the generic “cleaner” apps
  Built-in power management already does this job

Recap: laptop battery health

- [ ] Heat is the real enemy, more than normal use
- [ ] Avoid sitting at 100% or draining to 0% for long stretches
- [ ] Let Optimized Battery Charging or Energy recommendations help
- [ ] Check real health with powercfg, or Battery Health on Mac
- [ ] Battery genuinely worn out? Call Naples Computers

Compare the battery's design capacity to its current full-charge capacity (Windows: `powercfg /batteryreport`; Mac: System Settings, Battery, Battery Health) to see how much capacity it has actually lost, rather than guessing from how long it seems to last.

Battery not holding a charge anymore? We'll check its real health.

Call 239-513-1960

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