

Apple Watch User Guide

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watchOS 9

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Charge Apple Watch

Set up the charger

1. In a well-ventilated area, place your charger or charging cable on a flat surface.

Your Apple Watch comes with the Apple Watch Magnetic Fast Charger to USB-C Cable (Apple Watch Series 7 and Apple Watch Series 8 only) or the Apple Watch Magnetic Charging Cable (other models). You can also use a MagSafe Duo Charger or Apple Watch Magnetic Charging Dock (sold separately).

2. Plug the charging cable into the power adapter (sold separately).
3. Plug the adapter into a power outlet.

Note: Fast charging is not available in all regions.

Begin charging Apple Watch

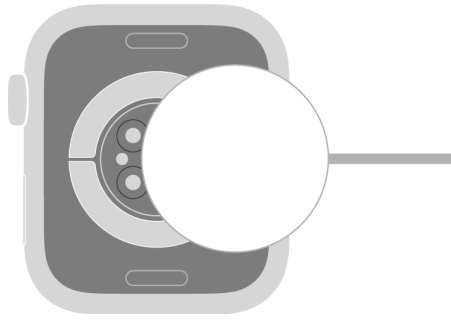
Place the Apple Watch Magnetic Fast Charger to USB-C cable (included with Apple Watch Series 7 or later) or Apple Watch Magnetic Charging Cable (included with earlier models) on the back of your Apple Watch. The concave end of the charging cable magnetically snaps to the back of your Apple Watch and aligns it properly.

Apple Watch plays a chime when charging begins (unless your watch is in silent mode) and a charging symbol  shows on the watch face. The symbol is red when Apple Watch needs power and turns green when it's charging. When Apple Watch is in Low Power Mode, the charging symbol is yellow.

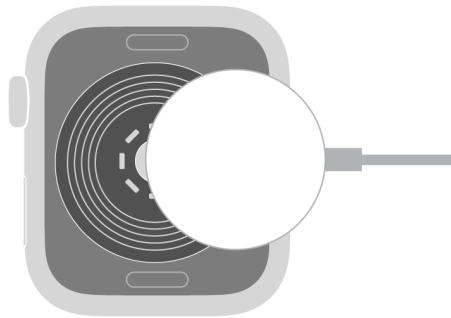
You can charge your Apple Watch in a flat position with its band open, or on its side.

- *If you're using the Apple Watch Magnetic Charging Dock or MagSafe Duo Charger:* Lay your Apple Watch on the dock.
- *If your battery is very low:* You may see an image of the Apple Watch Magnetic Fast Charger to USB-C Cable or Apple Watch Magnetic Charging Cable and the low battery symbol  on the screen. For more information, see the Apple Support article [If your Apple Watch won't charge or it won't turn on](#).

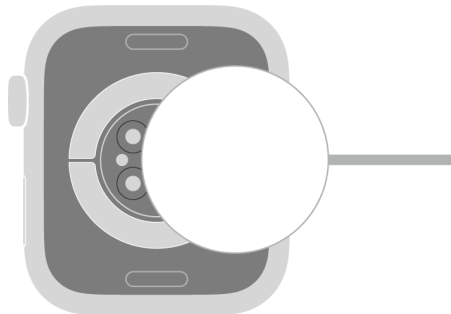
Apple Watch Series 8



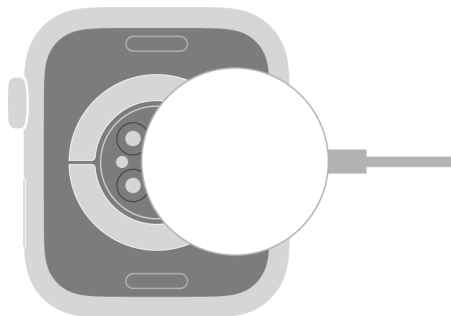
Apple Watch SE (2nd Generation)



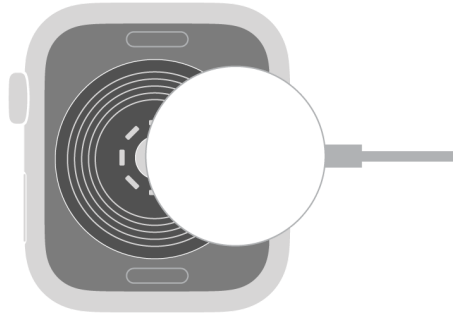
Apple Watch Series 7



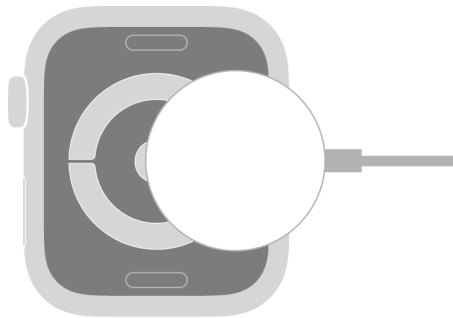
Apple Watch Series 6



Apple Watch SE



Apple Watch Series 4 and Apple Watch Series 5



WARNING: For important safety information about the battery and charging Apple Watch, see Important safety information for Apple Watch.

Check remaining power

To see remaining power, touch and hold the bottom of the screen, then swipe up to open Control Center. To more quickly check the remaining power, add a battery complication to the watch face. See [Customize the watch face](#).



View the percentage of remaining battery life.

Save power

You can save battery life by turning on Low Power Mode. Doing so turns off Always On Display, background heart rate and blood oxygen measurements, and heart rate notifications. Other notifications may be delayed, emergency alerts may not arrive, and certain cellular and Wi-Fi connections are limited. Cellular is turned off until you require it—when you stream music or send a message, for example.

Note: Low Power Mode will be turned off when the battery is charged to 80%.



1. Touch and hold the bottom of the screen, then swipe up to open Control Center.
2. Tap the battery percentage, then turn on Low Power Mode.
3. To confirm your choice, scroll down, then tap Turn On Low Power Mode.

You can tap Turn On For, then choose On for 1 Day, On for 2 Days, or On for 3 Days.

 **Tip:** If you have battery-powered devices such as AirPods connected to your Apple Watch through Bluetooth, their remaining charge appears on this screen.

When battery charge drops to 10 percent or lower, your Apple Watch alerts you and gives you the opportunity to enter Low Power Mode.

For more information about Low Power Mode, see the Apple Support article [Use Low Power Mode on your Apple Watch](#).

 **Tip:** For tips on maximizing battery life, see [Maximizing Battery Life and Lifespan](#) at the Apple website.

Return to normal power mode

1. Touch and hold the bottom of the screen, then swipe up to open Control Center.
2. Tap the battery percentage, then turn off Low Power Mode.

Check time since the last charge



1. Open the Settings app  on your Apple Watch.
2. Tap Battery.

The Battery screen shows the remaining battery percentage, a graph that details the recent history of the battery charge, and information about when the battery was last charged.

Check battery health

You can find out the capacity of your Apple Watch battery relative to when it was new.

1. Open the Settings app  on your Apple Watch.
2. Tap Battery, then tap Battery Health.

Apple Watch alerts you if battery capacity is significantly reduced, allowing you to check your service options.

Prevent apps from refreshing in the background

When you switch to a new app, the app you were using doesn't remain open or take up system resources, but it may still "refresh"—check for updates and new content—in the background.

Refreshing apps in the background can use power. To maximize battery life, you can turn this option off.

1. Open the Settings app  on your Apple Watch.
2. Go to General > Background App Refresh.
3. Turn off Background App Refresh to prevent all apps from refreshing. Or scroll down, then turn off refresh for individual apps.

Note: Apps with complications on the current watch face will continue to refresh, even when their background app refresh setting is off.



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The Apple Watch app

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