

Best way to recharge batteries

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What matters most is how you charge your phone or laptop after you've started using it. Shallow discharges and recharges are better than full ones, because they put less stress on the battery, so it lasts longer. When your battery is discharging, Battery University recommends that you only let it reach 50 percent before topping it up again.

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To charge your device, check the battery level, plug it into a charger, and disconnect it when the charge is below 100%. Take simple measures to preserve your lithium-ion battery such as practicing shallow discharge, not letting it continuously charge, and storing it at the correct temperature.[1]XResearch source

You shouldn't fully charge a rechargeable battery as this impairs the lifespan of the cells. Although the charge lasts longer in that moment, the performance of the rechargeable battery quickly diminishes over time if you charge it fully.

You can either charge or discharge your new mobile phone first. If you want to use your new smartphone as soon as you unpack it, this does no harm to the rechargeable battery. However, it is also completely fine if you want to charge your new mobile phone first.

The often-feared memory effect is fortunately a thing of the past. Yet even modern lithium-ion or lithium-polymer rechargeable batteries lose performance over time if handled incorrectly. It primarily depends on when and for how long you charge your mobile phone.

Important: Precisely when you should charge your mobile phone depends on the intensity of use, i.e. at what percentage you charge the battery. For a long battery life, avoid completely draining the battery and end the charging process once the device is charged. However, permanently leaving the mobile phone connected to a charger offers no advantages. Depending on the capacity and charging speed, several hours can pass until charging is finished.

Model-dependent charging technologies protect the rechargeable battery as standard. For example, Apple uses machine learning to charge iPhone rechargeable batteries gently. You can find out how that works and what you should specifically bear in mind when charging iPhones in our guide [The correct way to charge an iPhone](#).

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Tip: It's best to use modern rechargeable batteries within the range of 20 to 80 per cent. This means you should ideally connect your device when there is around a 20 per cent charge left and end the charging process once the rechargeable battery has reached around 80 per cent.

Would you like to use your mobile phone while it is charging? You can do that without any problems if you are writing messages and checking e-mails. However, you should avoid any power-hungry tasks during charging to minimise heat development. This means it's best to start video chats, film or gaming sessions with a fully-charged battery without a charger being connected.

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