



Does fast charging damage battery life

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What's the best way to charge your iPhone? What is MagSafe? What's the difference between fast charge and Quick Charge? Do you have to use Apple charger cables to charge your iPhone? There are so many questions about how to safely charge your phone. Don't worry, we've got your back. In this article you'll learn which charging method will work best for your iPhone, if fast charging is bad for your battery, which MacBook adapters can charge your iPhone, why third-party charger cables may hurt your phone, and other top charging tips. Let's get to it: here's Charging 101.

We won't go over every single charger type and charging method that ever existed, but we will go over the ones people ask the most questions about, plus the ones you should know about in order to keep your device battery in good health. Click a link below to navigate directly to the section you're looking for, or scroll through to learn about each in order. You'll be able to return to this list by clicking "return to top" throughout the article.

The terms Quick Charge, rapid charge, turbo charge, and fast charge all generally refer to a method of charging at higher-than-normal speeds to achieve more charge in less time. While rapid charge and turbo charge are general marketing terms, Qualcomm's Quick Charge and Apple's fast charging have specific definitions and requirements that are important to understand.

Originally coined by computer chip maker Qualcomm, Quick Charge powers compatible devices up to 80 percent in just 35 minutes. Many non-Apple devices use Qualcomm Quick Charge--but you can't use it to charge your iPhone and iPad.

It wasn't until 2017 that Apple brought what it calls fast charging to the iPhone. Using a charging protocol called USB Power Delivery (USB-PD), Apple fast charging can bring your iPhone battery up to 50 percent within about 30 minutes, but you'll need a USB-C to Lightning cable in order to use fast charge, and only certain devices are compatible.

This is a top question in the charging field, and the answer has evolved along with advances in technology. The informed consensus according to CNET and others is that fast charging does not hurt your phone's battery. Yes, there's additional heat output from faster charging (the primary objection to speedy charging in general), but there is with slow charging as well. The best way to take care of your iPhone battery is to perform regular maintenance and use optimization.

Fast charging works on iPhones and iPads, and only with an Apple USB-C to Lightning cable. For iPhones, fast charge can charge your phone up to 50 percent within about 30 minutes. If you have any of the following devices, you'll be able to fast charge:

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Image courtesy of Apple

Without getting overly technical about electrical charges and the ways they work, trickle charge is basically a method of keeping a battery charged to 100 percent while it's still connected to a charger. Since some incremental loss of charge happens naturally, a battery being charged will need to be "topped off" every so often to maintain full charge, which keeps it in a high-stress state. Business Insider notes that trickle charging is not healthy for the lithium-ion batteries in Apple products because of this stress.

Keeping your phone plugged in when it's already charged can wear down a lithium-ion battery, according to Battery University, so it's not a good idea to leave your iPhone charging longer than you need to. In Battery University's words, "Li-ion does not need to be fully charged, nor is it desirable to do so. In fact, it is better not to fully charge, because a high voltage stresses the battery."

That said, according to expert sources cited by TIME, you cannot "overcharge" your iPhone. Quality chargers have mechanisms in place to prevent this from happening, which means that once a battery reaches 100 percent, it stops charging. But that doesn't mean it can't be damaged by remaining connected to a charger, as trickle charging will still take place as the battery loses charge and is topped off repeatedly.

So is it safe to charge your iPhone overnight? It's not the end of the world if you have to do it every once in a while, but keeping your phone plugged in overnight is not a good habit to get into. With that in mind, you can use the charge times below to plan the best time to charge your phone, and make sure to use your iPhone's Optimized Battery Charging feature to further protect your battery lifespan!

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