

Tips to Reduce High Data Usage on your iPhone

1. Turn Off Cellular Data Usage for iCloud

If you use iCloud to move files back and forth between devices, this could lead to higher than usual **data** fees. If you are working on a Pages document during your Uber ride, that means you're using cell data. All those edits and changes are being saved to the cloud and using data during the process. So, if you can

1. Open Settings and go to iCloud.
2. In the iCloud section tap on iCloud once more
3. At the next screen scroll all the way to the bottom and disable **"Use Cellular Data."**



When you disable this feature, iCloud will no longer use cell data to transfer docs or data, which will save **power** users some vital bits of data.

2. Disable Automatic Downloads on Cellular Data

App downloads are some of the biggest files on your **device**. If you are downloading these automatic updates, that could really add up. Instead, wait until you are connected to Wi-Fi before downloading and updating your apps.

1. In Settings find App and iTunes Stores.
2. In the **Apps** and iTunes Stores section, you'll see **Use Cellular Data**. Turn this off and you're good to go.

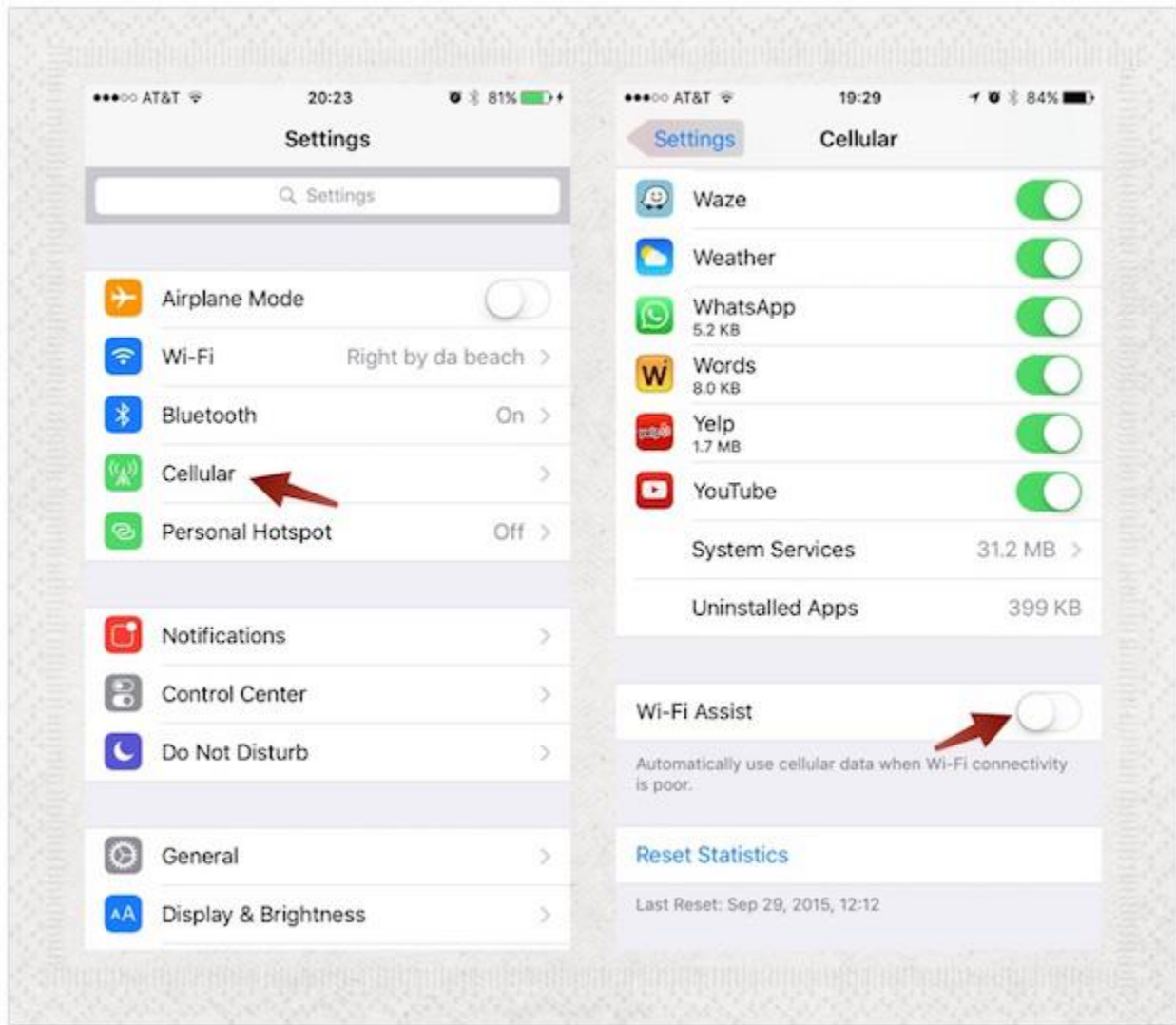


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3. Disable Wi-Fi Assist

Wi-Fi Assist can be just as harmful as it is helpful. When trying to supplement a weak Wi-Fi signal, Wi-Fi Assist uses Cellular Data to help with bad **service**. While this does help, you could unknowingly be using a bunch of data. To disable the feature:

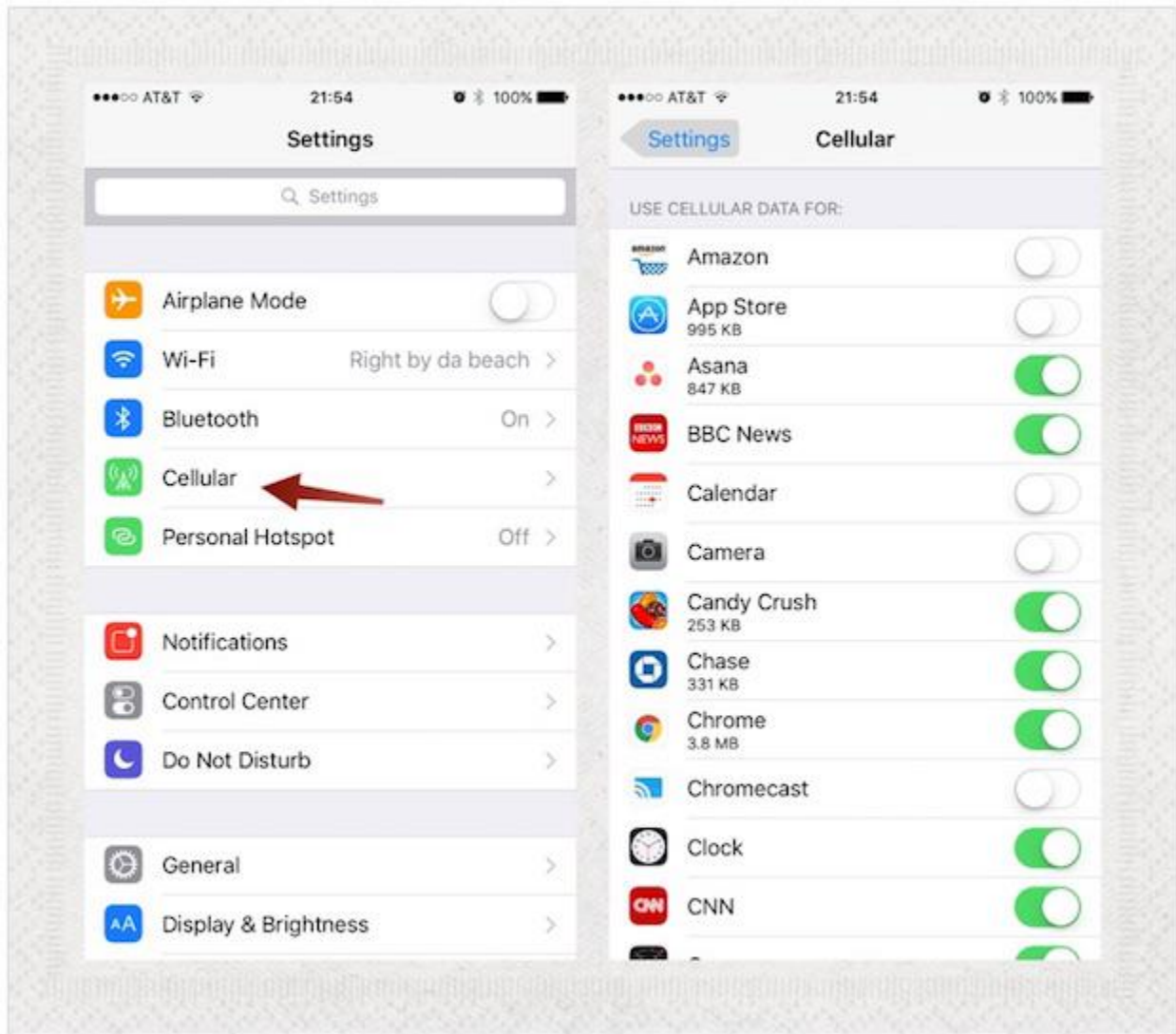
1. Open the Settings app and find **Cellular**.
2. Scroll all the way to the bottom and slide the toggle for **Wi-Fi Assist** OFF.



Again, for folks that may have a weak Wi-Fi signal at home, you actually be using cellular **data** if you had Wi-Fi assist enabled. If you have had unusually high data usage, Wi-Fi assist could be the problem. But, with one problem comes more.

4. Monitor or Disable Data Hungry Apps

This is more of a general tip. But there are certain **apps** that you use more than others. Some of these apps won't consume data at all and others will. It's always good to know which apps consume data, and more importantly if those apps even need access to cellular data.

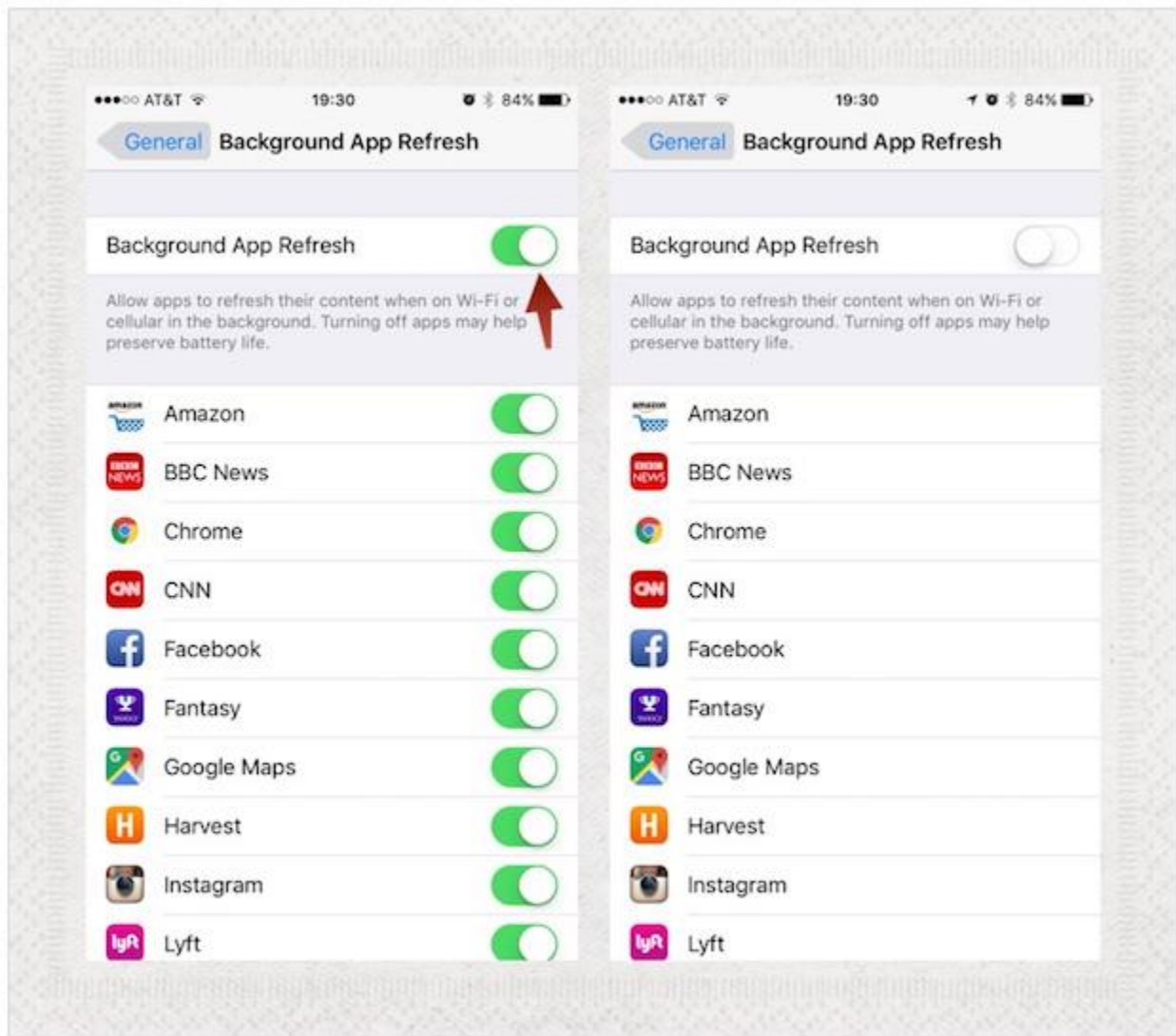


Be sure to [prevent unnecessary, data hungry apps](#) from using cellular **data**. Just toggle them off one-by-one.

5. Disable Background App Refresh

This is a very common trick to save on **data**. Apps can update in the background, while you are not using them and this of course, consumes data. This can be disabled and won't really effect how you interact with your phone.

1. Go to **Settings -> General** and find **Background App Refresh**.
2. Open the menu and disable the function at the top. The **apps** will go from green to blank.
 - You can review the list of **apps** that had Background Refresh below the toggle.

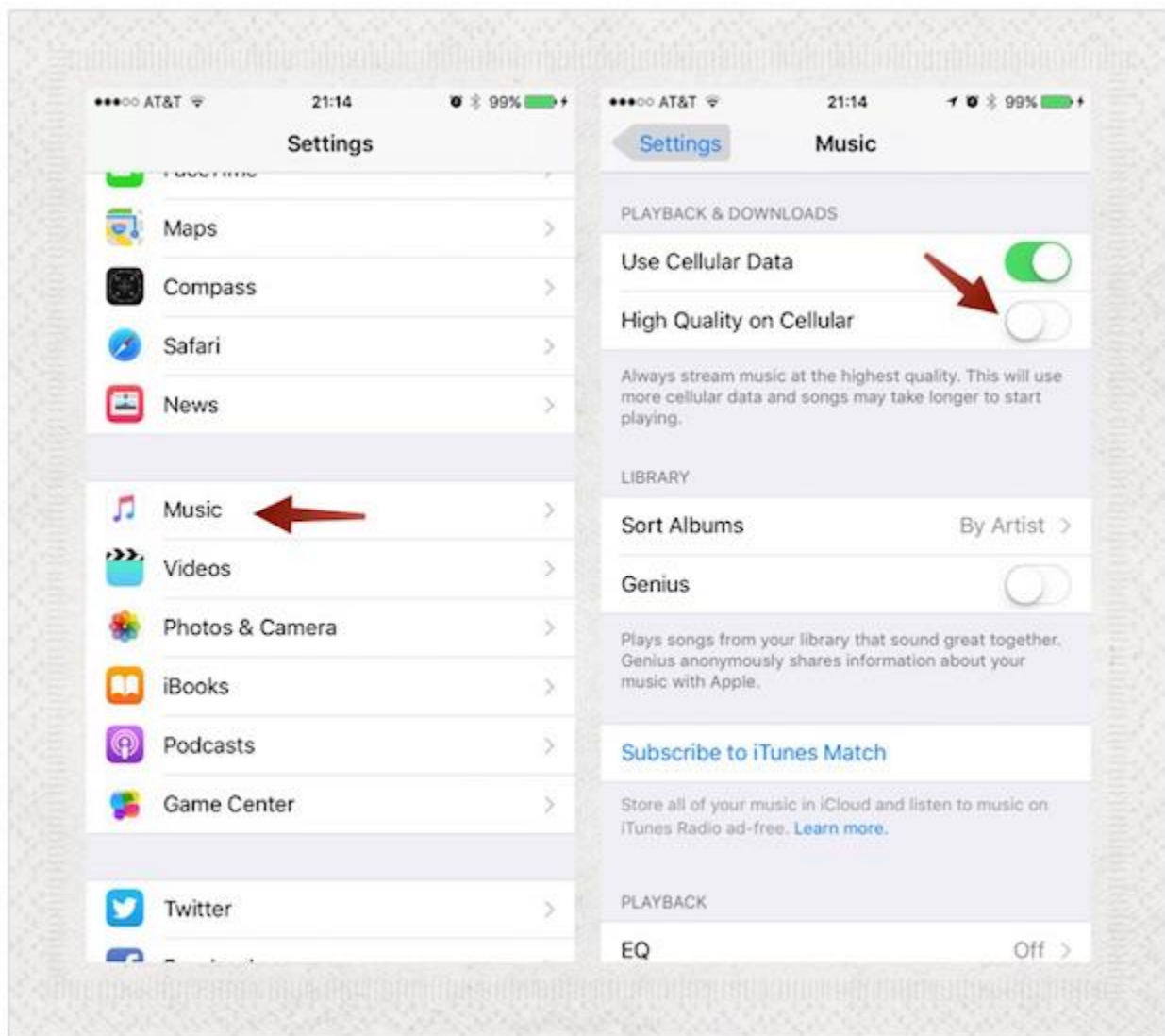


This option is usually disabled to save on battery life, but it works for saving on **data** as well.

6. Avoid Streaming High-Quality Music

Apple has created the option to [stream high quality music](#) regardless of your being on Wi-Fi or cellular. Of course, the higher the quality, the larger the file. The larger the file, the more **data** is needed to stream it. So, if you are in a pinch with your data limits, you'll want to turn this OFF.

1. Open Settings and head to **Music**
2. Find and disable **High Quality on Cellular**
3. If you really want to avoid **data** fees, you can also disable **Use Cellular data**. With this option disabled, you will only be able to stream Apple **Music** over Wi-fi.



Disabling High Quality is the best option for those people who still want to listen to music over data, but don't want the higher **file** size. If you use Pandora, Tidal, or Spotify, you can make sure that those only stream over Wi-Fi as well.

7. Disable Autoplay Videos on Cellular Network

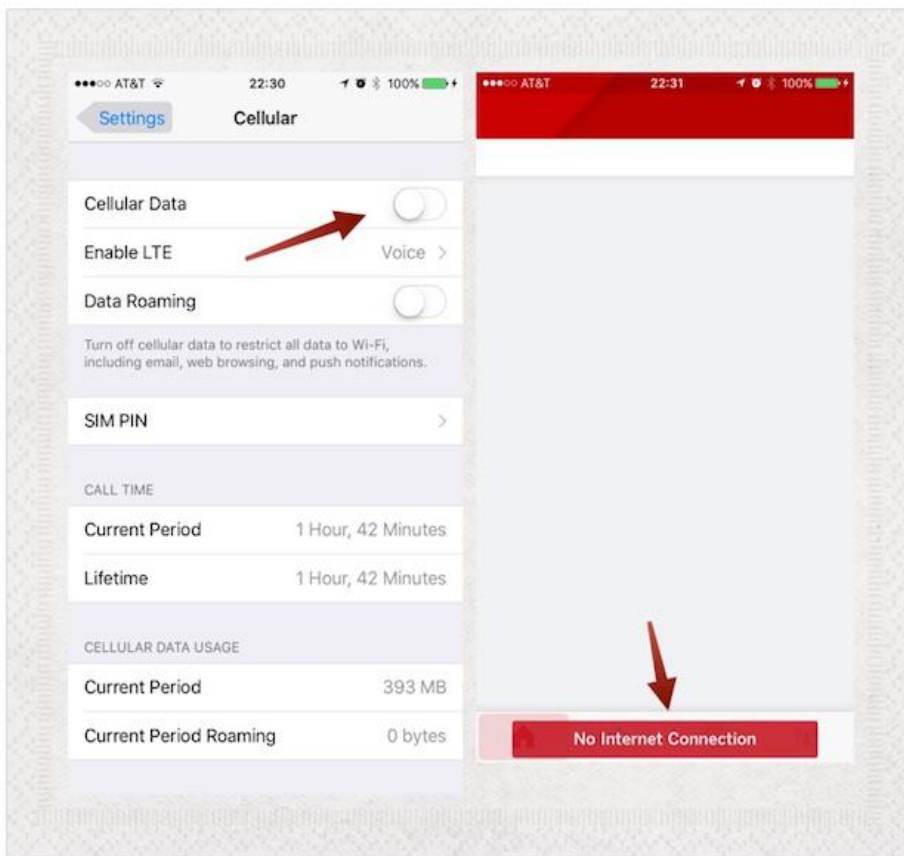
Over the last few years, Facebook and Twitter have introduced a feature which autoplay the videos automatically in your timeline. It offers a great experience but with more people sharing videos on Facebook and Twitter, you're unknowingly using up lot more **data** on your iPhone or cellular if you've autoplay videos enabled.

Check our post to find out how to prevent videos from **playing** automatically in Facebook and Twitter.

8. Last Resort: Avoid using cellular data completely

As a last resort you can turn off cellular **data** completely. If you are at your 2GB monthly limit and can't afford to go over, then this is your number one option.

1. Settings -> **Cellular**
2. Turn Cellular Data OFF.



If you are not on Wi-Fi applications, like ESPN, will not load without cellular

9. Turn off Cellular When Not Use

Just turn off cellular data when you are not using it. It can help save cellular data. Or you can use 3G network instead of 4G.

10. Turn off Cellular Data for Some Apps

There are some apps that can consume a lot of mobile data, so you can disable those data hungry apps to reduce cellular data usage.

Step 1. Go to Settings app > Tap Cellular.

Step 2. Toggle off the switch next to the app you do not want to use on mobile data.

11. Restrict Individual Apps

Most of the apps have their own settings to restrict data usage, so you can go to the specific app to have a check.

Take Facebook for example. Open Facebook app > More tab > Settings > Account Settings > Videos & Photos > Under VIDEO SETTINGS set Auto-play on Wi-Fi Connections Only.

12. Disable Location Services

You can turn off Location Services when it is not needed to save your cellular data. Go to Settings > Privacy > Location Services > Turn it off.

13. Send Low Quality Images via iMessages

In the latest iOS 10, you can choose to [send low quality images via iMessage](#), which can help reduce cellular data usage on iPhone.

Open Settings app > Tap Messages > Scroll down and turn on Low Quality Mode.

14. Turn off Personal Hotspot

If you keep your Personal Hotspot enabled on your iPhone, then your other iOS devices and Macs will attempt to connect to it on demand when they need an internet connection and there isn't one to be found.

You should disable Personal Hotspot from Settings → Personal Hotspot whenever you don't intend to use it.

15. Try a Data Manager App