# How to Enable TRIM Support

Enabling TRIM on Mac after installing an SSD.

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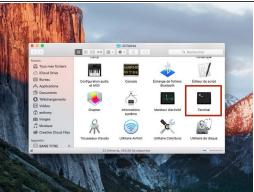


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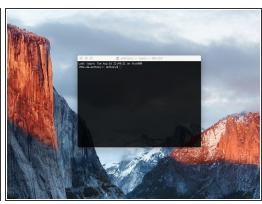© iFixit — CC BY-NC-SA     www.iFixit.com     Page 1 of 6

## INTRODUCTION

Enabling TRIM after installing an SSD allows for better performance with the SSD in the long run.

⚠ Warning with an APFS SSD, enabling Trim is not recommended

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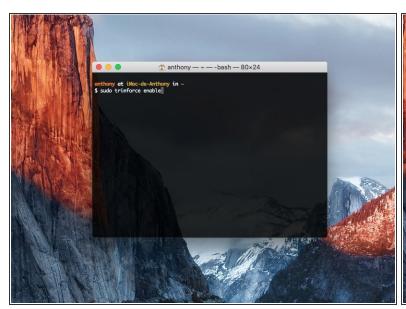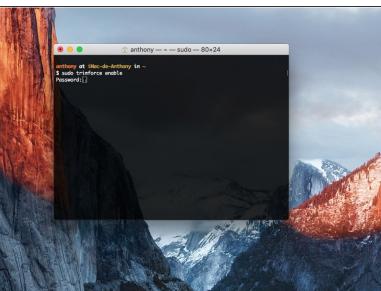
## Step 1 — How to Enable TRIM Support



- Launch **Terminal**.
  - (i) Do a search with the "Spotlight Search" or go to "Applications / Utility" to launch the "Terminal".
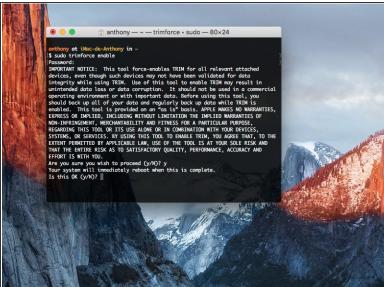
## Step 2



- In the **Terminal** insert the following command line:
  - **sudo trimforce enable**

  (i) To **disable** TRIM, the command is as follows : **sudo trimforce disable**

- Press the **[return]** key.

- Enter your Mac's user password.

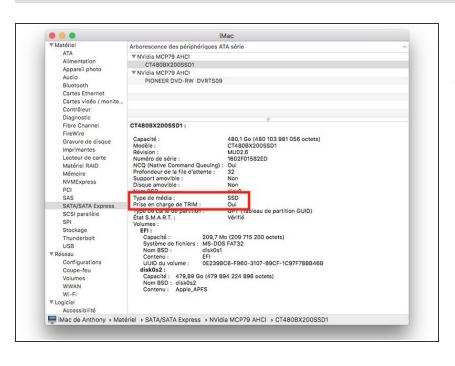  ⚠ **Your password will not be displayed when typing, but it is there**

## Step 3





- Press **"y"** and press **"return"** key to accept.

- Press again **"y"** and press **"return"** key to accept.
  ⚠ **Warning your computer will restart.**

## Step 4



- Congratulations! TRIM support is activated.

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Congratulations you have enabled TRIM support in macOS.

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