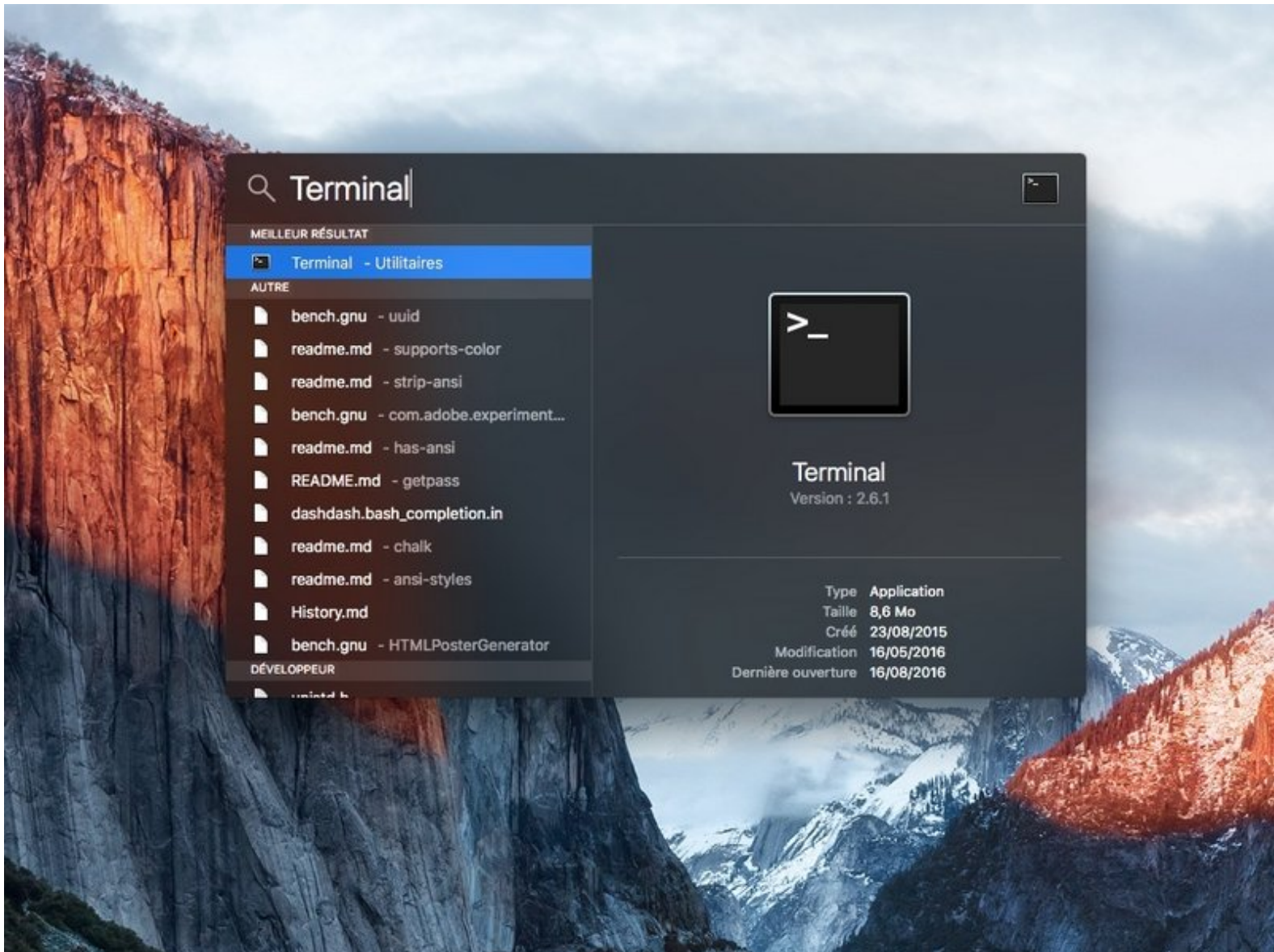




# How to Enable TRIM Support

Enabling TRIM on Mac after installing an SSD.

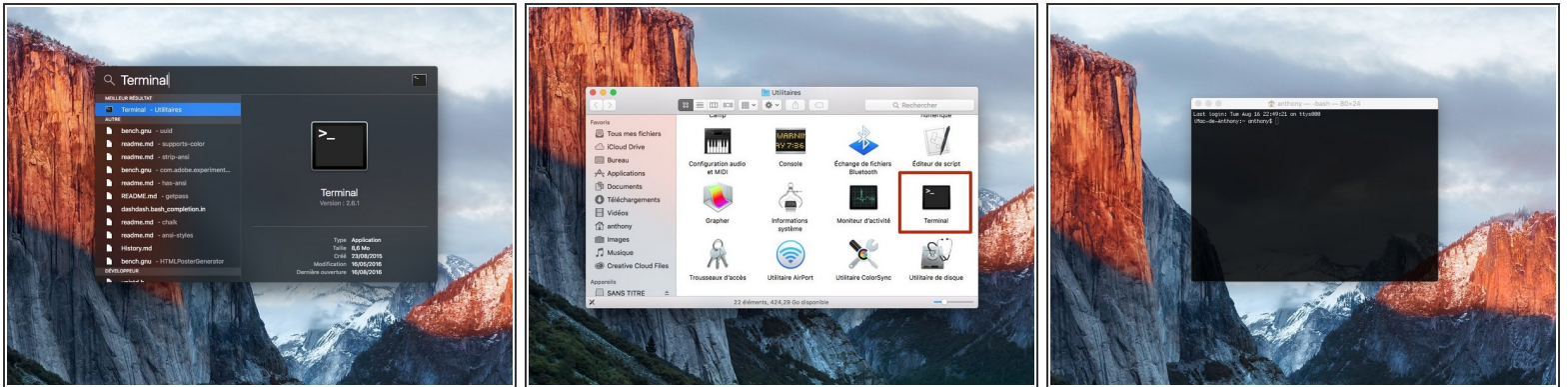
Written By: Anthony Fassler



## INTRODUCTION

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

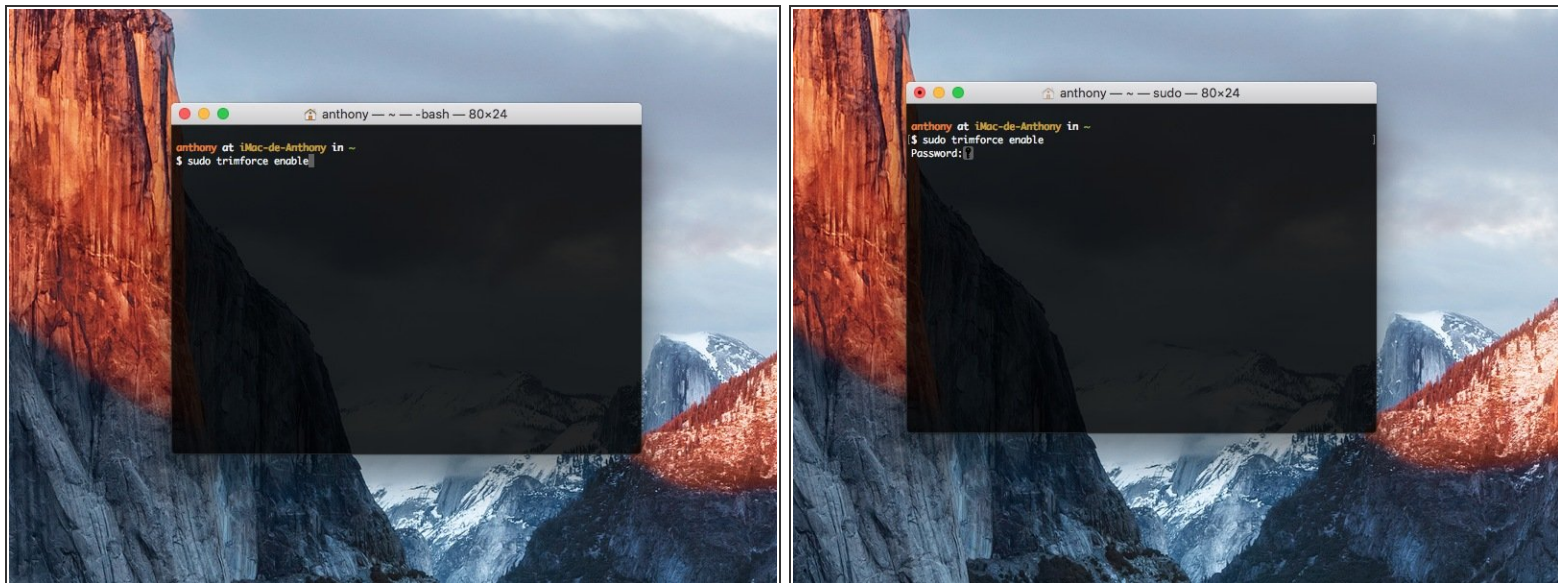
## Step 1 — How to Enable TRIM Support



- Launch **Terminal**.

❗ You can either use **Spotlight Search** or navigate to "**Applications / Utilities**" and double click the Terminal icon to launch Terminal.

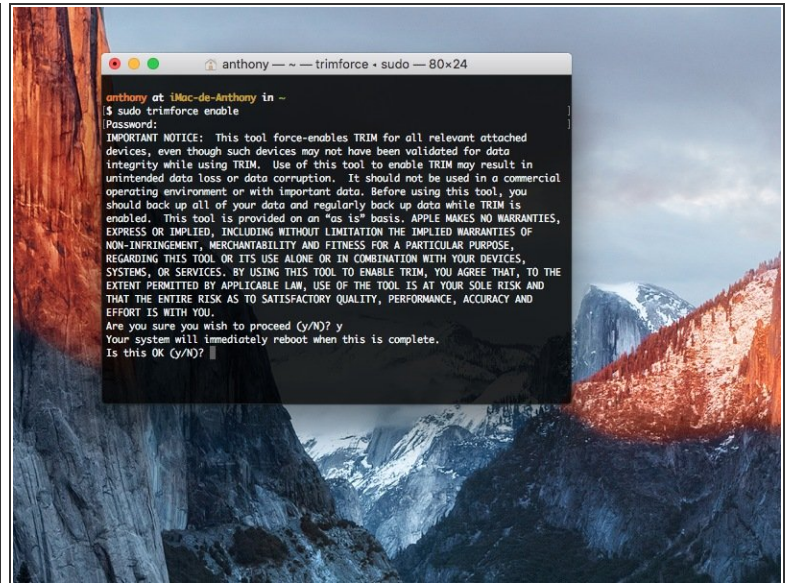
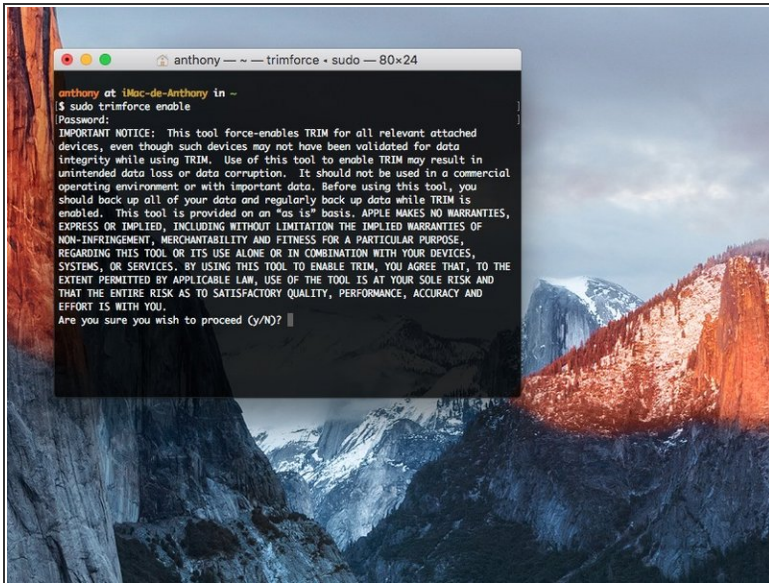
## Step 2



- In the **Terminal** insert the following command line:
  - **sudo trimforce enable**
- ⓘ 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, but it is there**



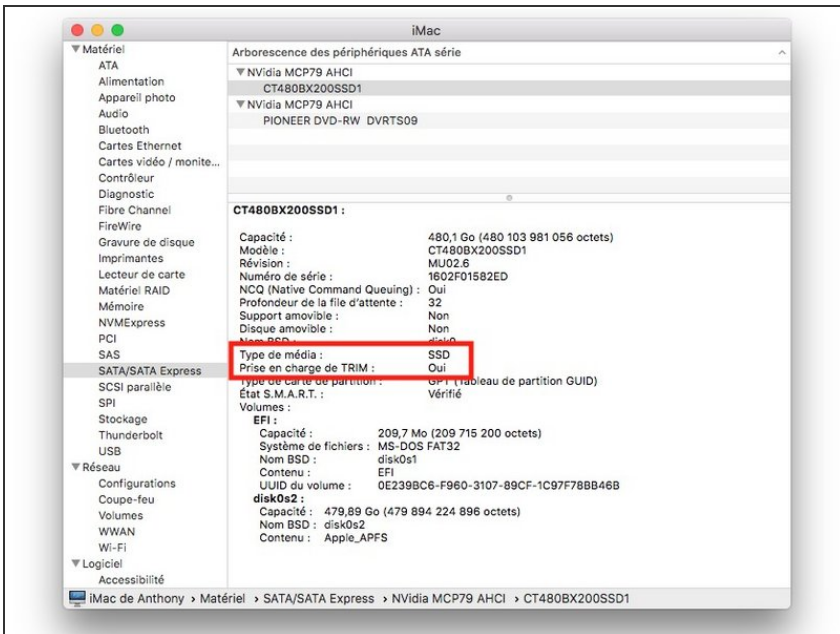
## Step 3



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

 **Warning your computer will restart.**

## Step 4



- Congratulations! TRIM support is enabled.

Congratulations you have enabled TRIM support in macOS.