



如何检测你的iPhone电池健康

通过检查其总体运行状况来确定iPhone的电池是否需要更换。

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[← Battery](#)

Battery Health

Phone batteries, like all rechargeable batteries, are consumable components that become less effective as they age. [Learn more...](#)

Maximum Capacity

99%

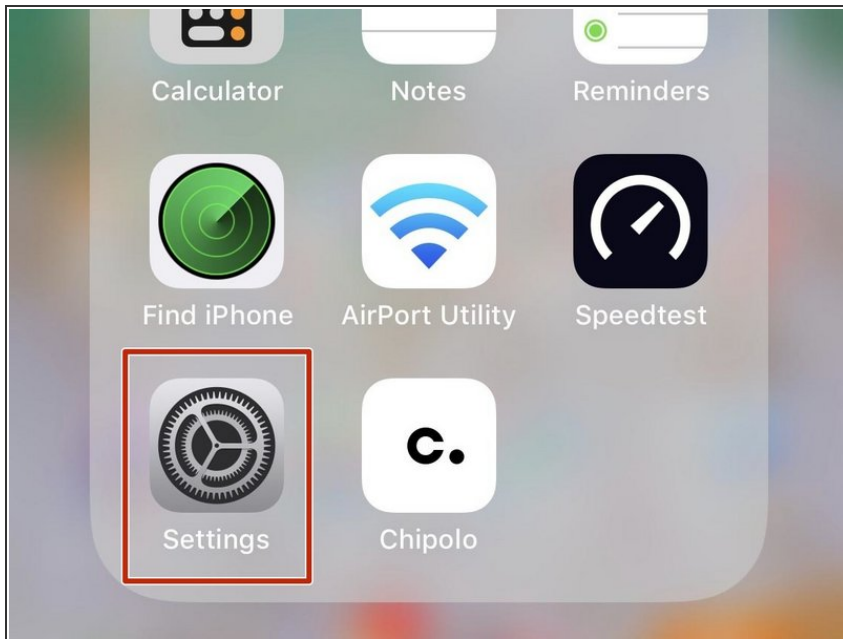
This is a measure of battery capacity relative to when it was new. Lower capacity may result in fewer hours of usage between charges.

介绍

使用本指南检查电池的状况以及iPhone是否以最佳性能运行。如果没有，可能是时候更换电池了。

本指南是根据iPhone X上创建的，本指南只适用于iPhone 6或更高型号手机且iOS 版本高于11.3。

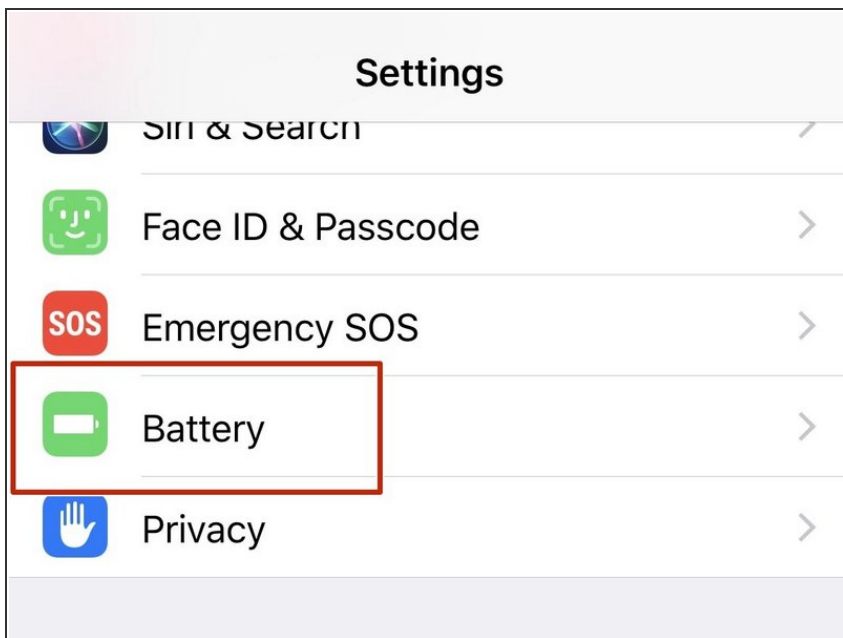
步骤 1 — 如何检测你的iPhone电池健康



ⓘ 您的设备需要运行iOS 11.3或更高版本。

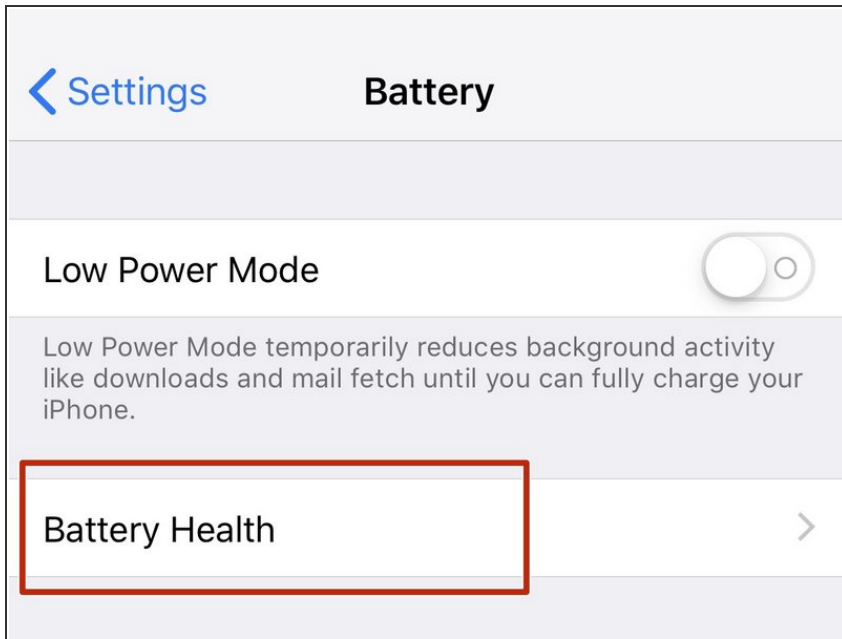
- 打开设置app

步骤 2



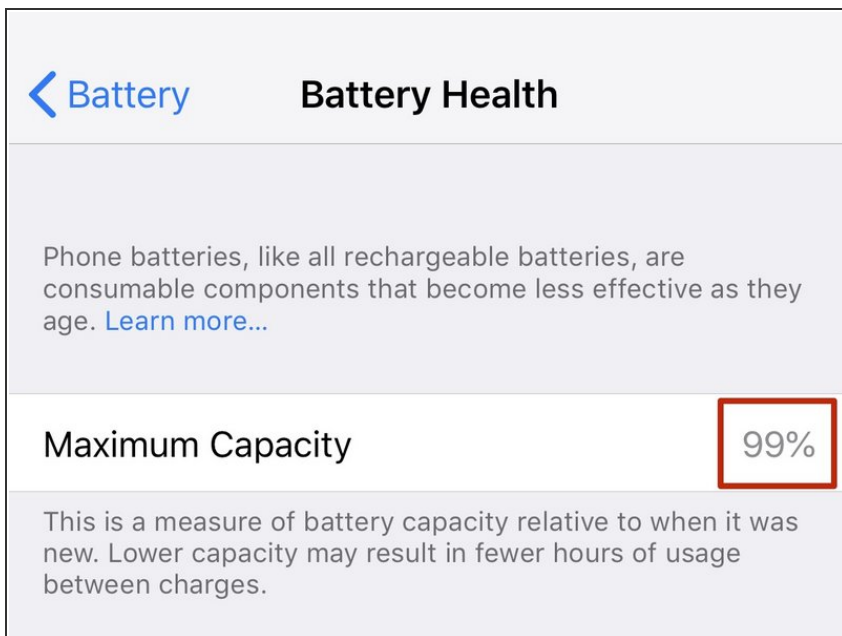
- 向下滑动，选择电池选项。

步骤 3



- 选择电池健康。


步骤 4



- 最大容量指的是与该设备全新时相比的电池总容量。
- 经过多次充放电循环后，该数字将逐渐下降。
- ⓘ 尽管电池寿命缩短，但您的iPhone应该仍然可以正常工作。苹果通常建议：一旦电池最大容量降到80%或更低，就应更换新的电池。

步骤 5

<p>Peak Performance Capability</p> <p>Your battery is currently supporting normal peak performance.</p>	<p>Peak Performance Capability</p> <p>This iPhone has experienced an unexpected shutdown because the battery was unable to deliver the necessary peak power. Performance management has been applied to help prevent this from happening again. Disable...</p>	<p>Peak Performance Capability</p> <p>This iPhone has experienced an unexpected shutdown because the battery was unable to deliver the necessary peak power. Performance management has been applied to help prevent this from happening again. Disable...</p> <p>Your battery's health is significantly degraded. An Apple Authorized Service Provider can replace the battery to restore full performance and capacity. More about service options...</p>
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- **峰值性能容量**可以告诉您电池是否仍然可以为iPhone在处理复杂任务时提供足够的电量。正常的峰值性能容量是您最想看到的。
- 如果在此处显示：您的iPhone已经经历过意外的自动关机，这意味着您的电池无法足够快地提供系统所需的电量，因此系统关闭了。
- 您的iPhone将限制其自身的性能（使其运行速度变慢），以防止进一步的意外关闭。您可以禁用此选项以手动启用峰值性能。
 - ⚠ 禁用性能管理后，将无法再次启用它。直至下次意外关闭后，它将自动启用。
- 一旦电池电量低于特定阈值（通常为80%），就会通知您电池的健康状况大大降低。
-  请按照[这个指南](#)更换iPhone X电池，或[单击此处](#)获取其他iPhone型号的电池更换指南。

同志们，就这么简单！