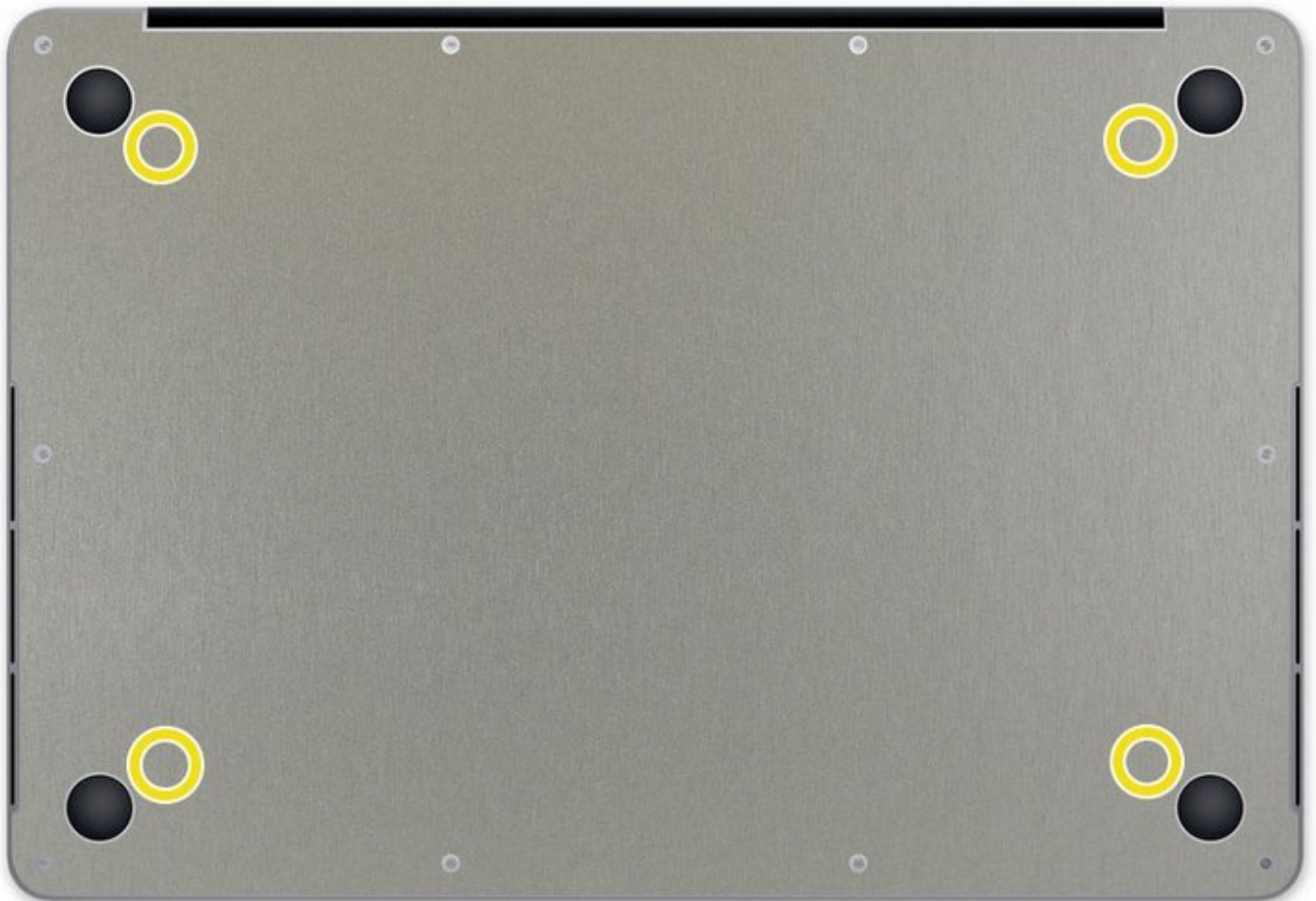




(Archived) How to reduce Mac Laptop temperatures

If you own a Mac you may be aware of how these computers run. Installing rubber feet may reduce the average temperature of your laptop.

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INTRODUCTION

Read me: This guide is archived. Many laptops covered by this have failing feet and most 3rd party replacements are anti-slip. In addition, modern 3rd party feet do not fall off easily and make a mess like most non-slip pads. Unless your OEM feet are still intact, it is best to remove the original set and upgrade them with anti-slip replacements using this guide: [\(Inner plug\) How to Remove the factory feet from a Mac Laptop](#)

If your Mac laptop is running hotter than you would like, this guide will show you how to install rubber feet to lift the laptop to allow for additional cooling of the system.

Read before starting: While this guide will help reduce the temperature your Mac runs at, early systems (2006-2012 MacBook/Pro) will always run hotter than Retina systems by design. Apple relies on the ports to provide fresh air for the chassis and reuses the hot air in the system. ***This is not an issue with the rMBP. These laptops have real cooling and will see reduced temperature drops.***

13" MacBook Pro only (Optical drive/Retina): 13" models lack a dGPU. These systems will not see as much of a temperature reduction as there is less heat the system needs to disperse due to this omission. ***This does not apply to dGPU systems (15"/17" MacBook Pro).***

In the original guide, the author used an Early 2009 17" MacBook Pro as used by the author. Before this fix, the system regularly ran up to 180° F without taller feet. The operating temperature was reduced to 122° after adding taller feet.



PARTS:

- [Self adhesive rubber bumpers](#) (1)

Installed on the laptop cover

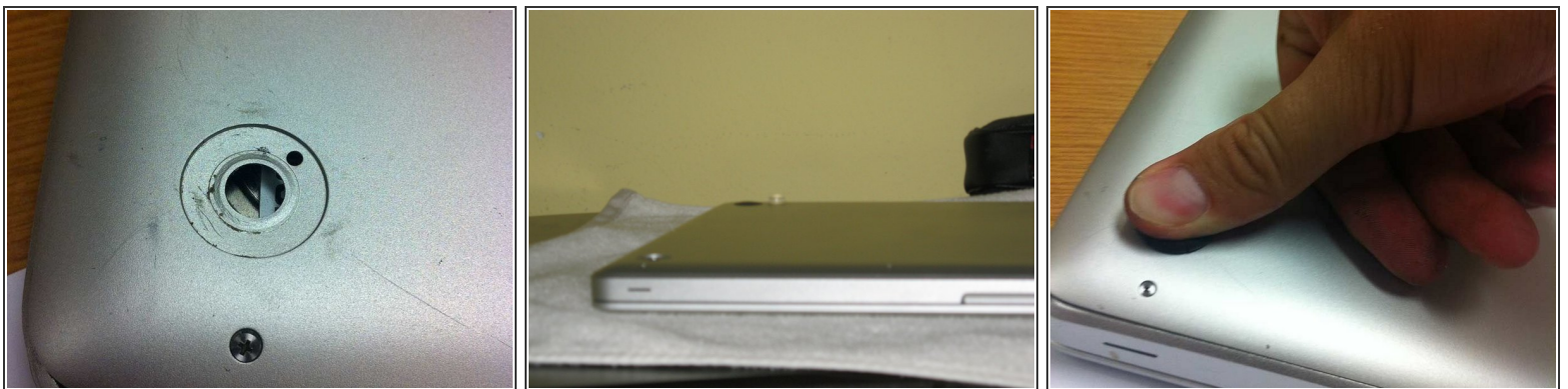
Step 1 — Where should you add new feet?



⚠ Do not install the replacement feet on top of the factory installed feet. These may break off if the system is moved in the right way.

- Place your MacBook upside down on a clean flat surface.
- **Clean the laptop surface with rubbing alcohol or a similar cleaner.**
- Identify where you would like to place your new rubber feet. The new feet should be placed somewhere near the factory installed feet. **Avoid placing the new feet on curved edges.**

Step 2 — Adding new feet



- Peel the paper backing off each foot. Once this is done, install them onto the laptop.