Guide 2
Cleaning your smartphone and tablet

Understanding the impact of data on my smartphone

The applications that you don't use any more still consume memory, power, and bandwidth.

Deleting them can allow your smartphone or your tablet to gain performance. It is advised to keep at least 1 GB of free space to ensure the proper functioning of your system.

Moreover, instant messaging applications, such as Messenger or WhatsApp, have become inescapable on our smartphone. They also take up space, even more if the messages contain attachments. Yet, it is not necessary to keep all the conversation history, spams, ads, etc.

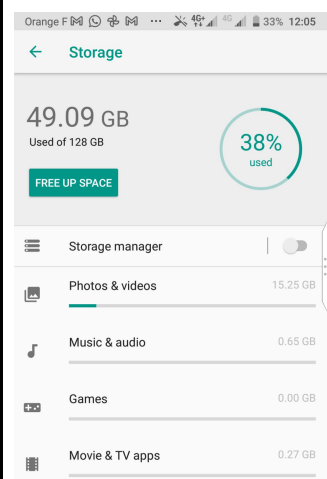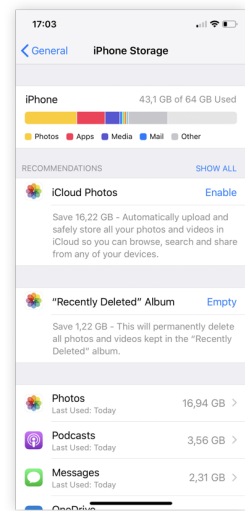Do you know how many messages are sent **every minute** in the world via WhatsApp?

41,600,000!
That makes approximately
60 billion messages a day!
Source

Measuring impact

To measure the current size of the data stored on your smartphone, look for the information in "Parameters" > "Storage". Write it down to be able to measure the impact of your cleaning and to share your efforts later.

On Android	On iPhone
Go to "Parameters" > "Storage"	Go to "Settings" > "General" > "iPhone Storage"

Now that you know the weight of your files, you are ready for action!

Digital Cleanup Day
www.digitalcleanupday.org

Take action!

Cleaning up digital trash: step by step

#1 Select and delete the applications.

Select the applications that you don't use anymore, the ones you have forgotten, those you used only a few times. There is too small probability that you will use them again, so delete them. You can also have several applications with the same function, keep the application you use the most.

On Android and iPhone, go to "Settings" > "Applications", to access the list of installed applications. Click on the application you want to delete, then on "Uninstall".

#2 Empty your cache.

The cache memory is made of temporary files, that are data stored to enable your applications to function faster. However, they can take up space and slow down the system. So, think about clearing the cache of your applications.

To delete all temporary files, go to "Settings" > "Storage" > "Free space" and select "Delete the spam files" or any other category.

Depending on your smartphone model, you may find these informations by following Settings>Storage> Cleaner> click on the button "Clean xxx Mo".

#3 Select and delete files.

By having your smartphone often by your side, it is certainly your ally to capture moments through pictures or videos... and often several pictures, blurred, of the same moment. Or, if they are taken in high definition, they can rapidly take up vital storage space. You can store the ones you want to keep on the Cloud and delete all others from your smartphone. Later you can choose to store these pictures and videos on an external hard drive and delete their online version.

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Besides pictures, videos, or recordings taken with your smartphone, you may have downloaded other files such as documents, movies, music, podcasts, or e-books. If you don't use them anymore, delete them.

#4 Select and delete conversations.

<u>In your messages (SMS and MMS)</u>, select and delete the conversations which became obsolete, such as spam messages, sponsored ones, the "OK", "I'm home", or "Happy New Year 2000" messages.

You may also automate the deleting of former messages by determining a limit beyond which messages are automatically deleted.

<u>On WhatsApp</u>, go to "Settings" > Discussions" > "Archive"> "Delete all discussions". In your discussion thread, you can also select the discussions one by one and click on the trash icon. Do not forget your archived discussions: you can find them at the bottom of your discussions thread. You can also leave the groups which have become inactive.

<u>On Messenger</u>, as on <u>Signal</u> or <u>Telegram</u>, in your thread of discussions, click on "Delete". <u>Telegram</u> allows you to delete all drafts which have not been sent in "Settings" > "Data and storage" > "Delete all the drafts".

Checklist

❏ Delete the unused applications.

❏ Clear the cache.

❏ Delete the files you do not need, e.g. your pictures, videos, audio files, and temporary files.

❏ Delete the conversation history.

Congratulations! You have cleaned your smartphone!
You can now go back to your settings and measure your impact.

Going further

Now that you have cleaned up your smartphone, you would want it to remain so all year long, right? Here are some recommendations to help you deal with the data on your smartphone.

● If they exist, choose the light version of applications, especially for those which consume the most. For example, "Facebook Lite".

● Write lighter messages: as for emails, remember to reduce as much as possible the weight of the files you send. Giving a call may also be more efficient than texting.

● Take care of your smartphone. Your smartphone is your phone but also your music player, your game console, and even your GPS – your smartphone may need a break from time to time. Some components, such as its battery or processor, are heat sensitive and need time to cool down.

● Update your applications regularly. When applications are updated by developers, they are often upgraded with new functionalities, to protect them from security threats, but also to reduce the use of resources. Regular updates may be beneficial. Favor manual updates to keep control over your applications. It is also an opportunity to figure out those you do not use anymore, but which keep on consuming data and space on your phone.

Sources

[Statista](#)
[BlogDuModerateur.com](#)

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