

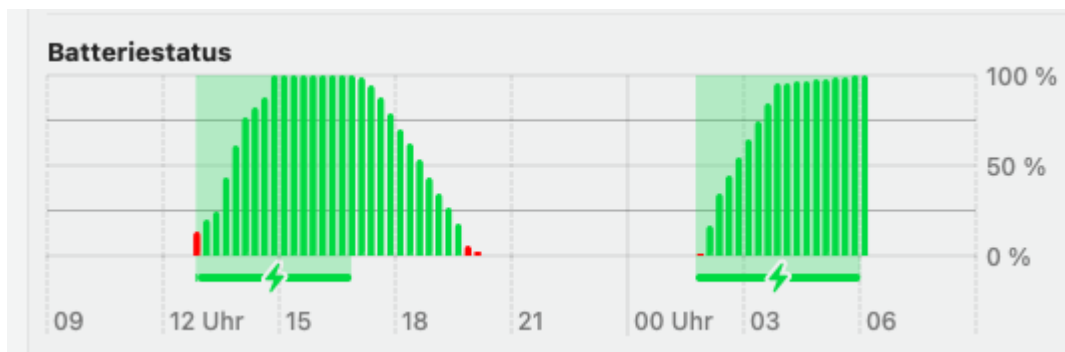
SOFTWARE

HOW TO CALIBRATE A MACBOOK BATTERY

24.08.2024

After [changing the battery](#) it needs to be [calibrated](#)

1. Charge it to 100%, and keep charging it for at least two more hours.
2. Unplug your laptop and use it normally to drain the battery.
3. Save your work when you see the low battery warning.
4. Keep your laptop on until it goes to sleep due to low battery.
5. Wait at least five hours, then charge your laptop uninterrupted to 100%.



this is how it looks afterwards

So the question was how to drain it most effectively? Maybe playing video would work but running this short line in the terminal as many times as there are CPUs was [much more efficient](#)

```
yes > /dev/null &
```

It seems that the initial high loading is [most important](#)

Researchers at SLAC-Stanford Battery Center report in a study published today in Joule that giving batteries their first charge “at unusually high currents increased their average lifespan by 50% while decreasing the initial charging time from 10 hours to just 20 minutes.”

CC-BY-NC Science Surf accessed 10.01.2026 