

How To Keep Apps Running in the Background iPhone

You need to enable the “Background App Refresh” to keep apps running in the background. This feature allows you to refresh specific apps in the background on your iPhone.

Here’s a step-by-step guide on how to keep apps running in the background iPhone:

Step #1: Open Settings on Your iPhone

The first step is to open the “Settings” app on your iPhone. Visit “Home” and scroll through the screen to find the “Settings” app. Once you see it, click the icon to open the “Settings” menu.

Step #2: Click the General Icon From the Settings

On the “Settings” menu, scroll down to find “General”. Once you see it, click the “General” icon to open a menu that has options like “About”, “Software Update”, “iPhone Storage”, and so on.

Step #3: Locate and Tap on Background App Refresh

The next step involves scrolling through the “General” menu display to locate the “Background App Refresh” option. Once you find it, tap on the icon to open the app’s display menu.

Step #4: Select and Toggle ON the Apps You Will Like To Keep Open

Now, you will see a long list of all the apps on your iPhone. Choose the apps you want to keep open. If “Background App Refresh” is greyed out, turn it “ON” by clicking the button next to the app.

Step #5: Enable Wi-Fi & Mobile Data Option

Finally, make sure you enable the feature on both “Wi-Fi & Mobile Data”. This way, the selected apps will keep running in the background on mobile data and Wi-Fi connections.

How To Keep Apps Running in the Background Android

Here's a step-by-step guide on how to keep apps running in the background iPhone:

Step #1: Swipe down and tap the Settings icon in the Quick Settings menu. This action opens your phone's Settings app

Step #2: Select Battery

Step #3: At the top right corner of the next page, tap the three-dot icon representing More

Step #4: On the next screen, you'll see a list of apps Not optimized (whitelisted)

Step #5: Tap Not optimized at the top of your screen and choose All apps in the drag-down menu

Step #6: You'll see all the apps not whitelisted, meaning they're killed in the background when not in use

Step #7: Scroll down the list and tap on any app you want to be included in the whitelisted list so it runs at all times

Step #8: Select Don't optimize