Teach Yourself VISUALLY™

iPhone 14

Covers:
iPhone 14
iPhone 14 Plus
iPhone 14 Pro
and
iPhone 14 Pro Max

Guy Hart-Davis

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A Wiley Brand

Teach Yourself VISUALLY™

iPhone 14
7th Edition

by Guy Hart-Davis

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Teach Yourself VISUALLY™ iPhone 14, 7th Edition

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How to Use This Book

Who This Book Is For

This book is for the reader who has never used this particular technology or software application. It is also for readers who want to expand their knowledge.

The Conventions in This Book

1 Steps

This book uses a step-by-step format to guide you easily through each task. **Numbered steps** are actions you must do; **bulleted steps** clarify a point, step, or optional feature; and **indented steps** give you the result.

2 Notes

Notes give additional information — special conditions that may occur during an operation, a situation that you want to avoid, or a cross-reference to a related area of the book.

3 Icons and Buttons

Icons and buttons show you exactly what you need to click to perform a step.

4 Tips

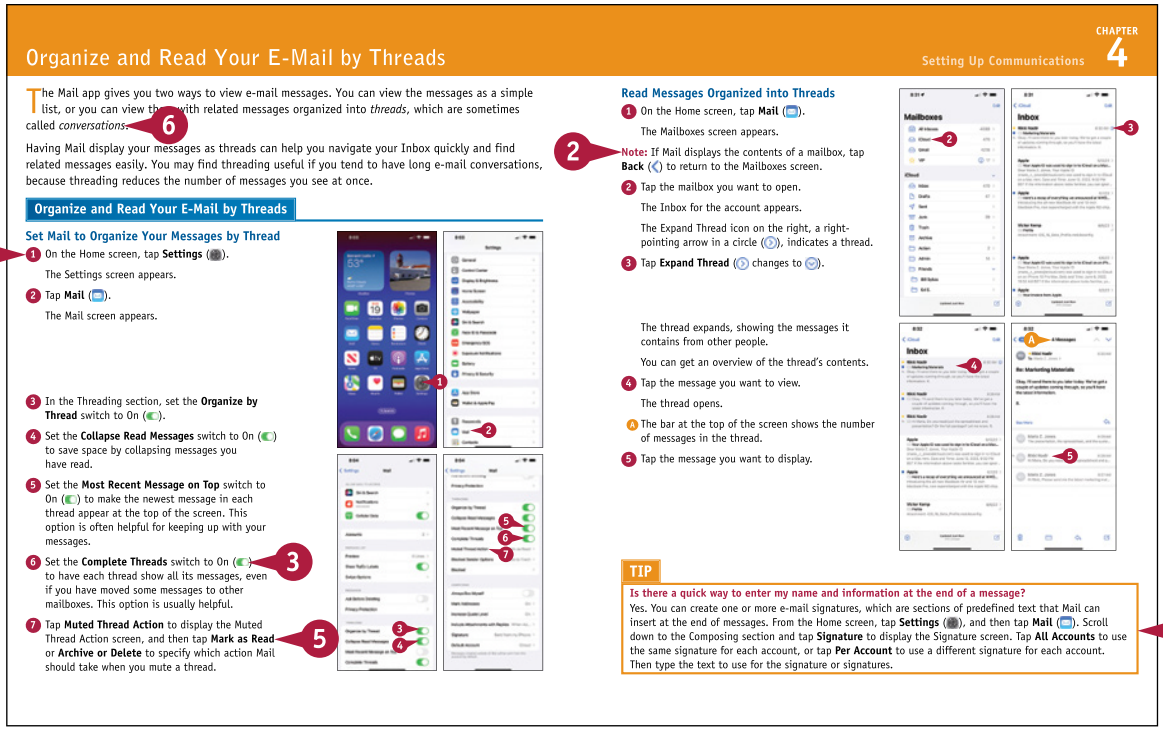
Tips offer additional information, including warnings and shortcuts.

5 Bold

Bold type shows command names, options, and text or numbers you must type.

6 Italics

Italic type introduces and defines a new term.



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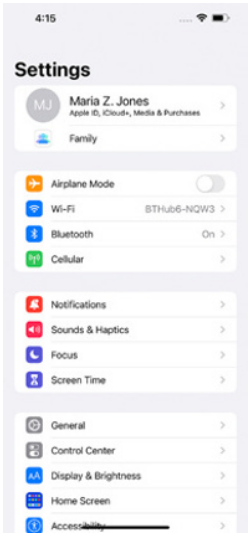

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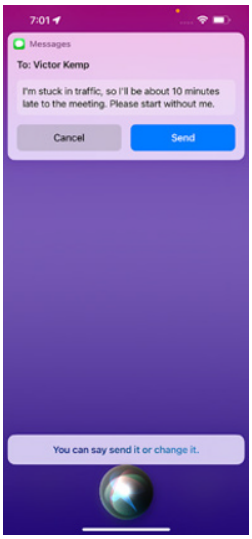

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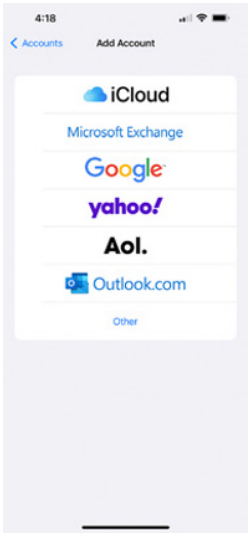

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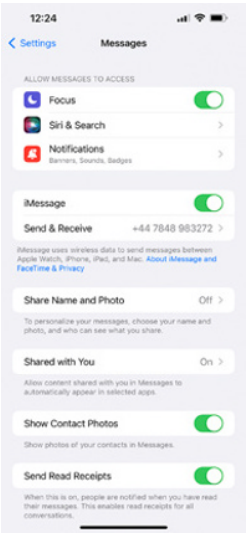

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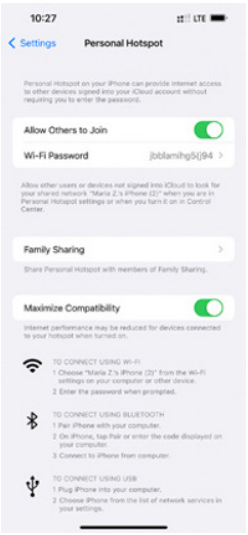

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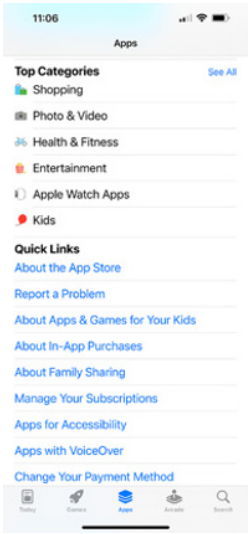

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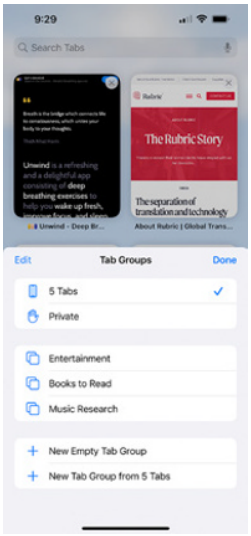

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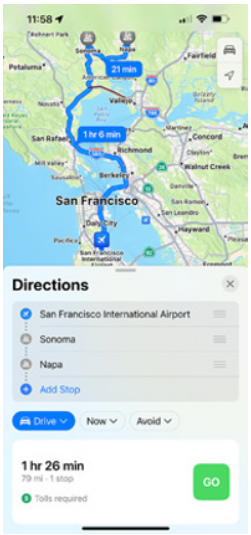

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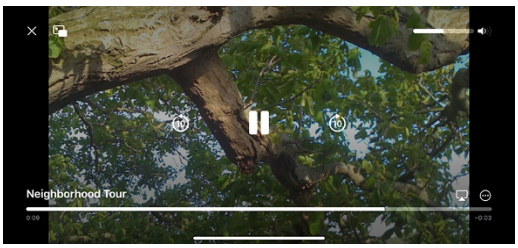

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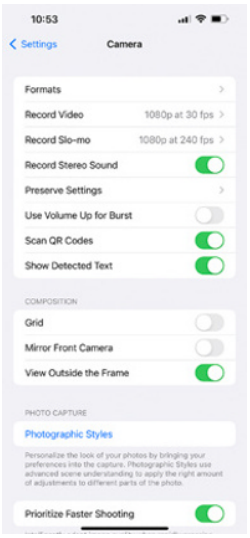

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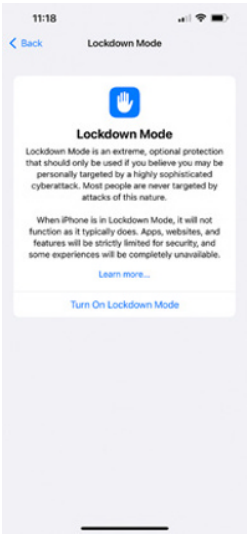

CHAPTER 1

Getting Started with Your iPhone

In this chapter, you set up your iPhone to work with your computer or iCloud. You choose items to sync and learn to use the iPhone's interface.

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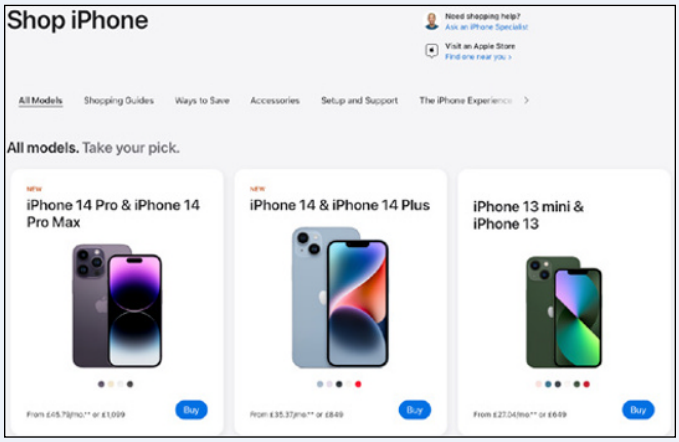
Identify and Compare the iPhone Models

The iPhone is a series of hugely popular smartphones designed by Apple. As of this writing, Apple sells seven iPhone models that differ in size, power, features, and price. This section explains the seven models, their common features, and their differences to enable you to distinguish them and choose among them.

Understanding the Seven iPhone Models



As of this writing, Apple sells seven iPhone models. Four models are in the iPhone 14 family, which Apple introduced in September 2022. The base model in this family is called simply iPhone 14; it has a sibling called iPhone 14 Plus that has a larger screen but is otherwise almost identical. The other two models are in the Pro line and have different sizes. The iPhone 14 Pro is the smaller of the two, and the iPhone 14 Pro Max is the larger.

- **iPhone 14.** The iPhone 14 has a 6.1-inch OLED screen with 2532×1170-pixel resolution. OLED is the acronym for organic light-emitting diode; these screens are considered top of the range and have a wide viewing angle.
- **iPhone 14 Plus.** The iPhone 14 Plus has a 6.7-inch OLED screen with 2778×1284-pixel resolution.
- **iPhone 14 Pro.** The Pro has a 6.1-inch OLED screen with 2556×1179-pixel resolution.
- **iPhone 14 Pro Max.** The Pro Max has a 6.7-inch OLED screen with 2796×1290-pixel resolution.

As well as the four iPhone 14 models, Apple sells three older models: the iPhone 13, the iPhone 12, and the iPhone SE third generation.

- **iPhone 13.** Introduced in 2021, the iPhone 13 has a 6.1-inch screen with 1792×828-pixel resolution.
- **iPhone 12.** Introduced in 2020, the iPhone 12 has a 6.1-inch screen with 1792×828-pixel resolution. The iPhone 12 is similar in size and design to the iPhone 13 but contains slightly less powerful hardware and less memory.

Each of these six models has a design featuring thin bezels, rounded screen corners, and a “notch” cutout at the middle of the top edge of the screen. The notch contains the front camera and various sensors for features such as Face ID face recognition. The notch on the iPhone 14 Pro models changes shape to display various types of information and controls in a feature called Dynamic Island.

The third of the older iPhone models, the iPhone SE third generation, has a 4.7-inch screen with 1334×750-pixel resolution and an older design with two main differences from the newer designs. First, this phone has thicker bezels and no notch at the top of the screen; the front camera and its sensors are in the top bezel. Second, in the lower bezel, below the screen, is the Home button, a round button used for navigation and for the Touch ID fingerprint-recognition authentication system. Touch ID is easy to use and can be preferable to Face ID if you are wearing a face mask or other personal protective equipment.

The iPhone SE has long been popular among those with smaller hands, smaller pockets, or less need for a huge screen. Since the introduction of its first generation in 2016, the iPhone SE has been considered the cutest iPhone.

Understanding What Is Included in the Box

As of this writing, each iPhone box contains only the iPhone itself and a USB-C to Lightning cable for charging the iPhone and connecting it to a PC or a Mac.

Understanding Charging and Connectivity

Each iPhone features wireless charging, which you may find easier and more convenient than using a cable. You will need to get a wireless charger separately.

iPhone 14 models sold in the United States use eSIMs, virtual SIM cards that you manage electronically, rather than physical SIM cards, to connect to cellular networks. iPhone 14 models sold in some other markets use physical SIM cards, as do all other current iPhone models, but can use one or more eSIMs as well.

All current iPhone models have 5G connectivity, enabling them to connect to fifth-generation cellular networks. 5G can be up to 100 times faster than 4G, but it is not yet widely available. Check the current and, if possible, future availability of 5G in the areas you will use your iPhone before using 5G as a deciding factor for buying an iPhone.

Understanding the Operating System

Each iPhone runs iOS 16, the latest operating system from Apple, which comes with a suite of built-in apps, such as the Safari web browser and the Mail e-mail app. If you buy an older iPhone model, you may need to upgrade it to iOS 16, but this is easy to do, and there is no charge for the update. The iPhone 8 and all later models — iPhone X, iPhone SE second generation and third generation, iPhone 11, iPhone 12, iPhone 13, and iPhone 14 — can run iOS 16.

Know Which Colors Are Available for Which iPhone Model

The iPhone 14 Pro models come in four colors: Space Black, Silver, Gold, and Deep Purple.

The iPhone 14 and iPhone 14 Plus come in five colors: Blue, Purple, Midnight, Starlight, and (PRODUCT)^{RED}.

The iPhone 13 comes in six colors: Green, Pink, Blue, Midnight, Starlight, and (PRODUCT)$^{RED.}$

The iPhone SE third generation comes in three colors: Starlight, Midnight, and (PRODUCT)^{RED}.

Identify and Compare the iPhone Models (continued)

In addition to physical size and key features, you should consider the storage capacity of the iPhone model you are thinking of buying. Having plenty of storage is especially important for shooting videos with your iPhone.

Having more storage enables you to install more apps and carry more music, movies, and other files with you; however, if you stream your music and movies, offload unused apps, and store your files online, you may not need a huge amount of storage.

Understanding the Cameras on iPhone Models

The iPhone 14 Pro models have a 48-megapixel main camera on the back, accompanied by a 12-megapixel Ultra Wide camera and a 12-megapixel Telephoto camera that switches between 2X and 3X magnification using the quad-pixel sensor. On the front is a 12-megapixel camera with depth-sensing features that enable the Face ID authentication and unlocking system.

The iPhone 14 and iPhone 14 Plus have dual 12-megapixel cameras on the back — Main and Ultra Wide. The iPhone 13 and iPhone 12 also have dual 12-megapixel rear cameras, but these are Ultra Wide and Wide. On the front, all these models have a 12-megapixel camera with depth-sensing features for Face ID.

The iPhone SE third generation has a single 12-megapixel camera on the back and a 7-megapixel camera on the front.

Compare the iPhone 14 Models with the Earlier iPhone Models

The iPhone 14 Pro models offer a substantial upgrade over the iPhone 13 Pro models, their direct predecessors, in three key ways.

First, the iPhone 14 Pro models have Apple's A16 Bionic chip, which is faster and more powerful than the A15 Bionic chip used in the iPhone 13 Pro and iPhone 13. The A15 Bionic chip also powers the iPhone 14 and iPhone 14 Plus and the iPhone SE third generation.

Second, the iPhone 14 Pro models have brighter screens and slightly higher resolution than the iPhone 13 Pro models. The iPhone 14 Pro models have an Always-On display feature that displays information on the lock screen, plus the Dynamic Island feature for displaying context-sensitive information and controls.

Third, the 48-megapixel camera on the iPhone 14 Pro models is a huge improvement over the 12-megapixel camera on the iPhone 13 Pro models. Other camera improvements, including a larger sensor and better optical image stabilization, make the iPhone 14 Pro models the best choice for taking serious photos and videos.

The iPhone 14 and iPhone 14 Plus use the same A15 Bionic chip as the iPhone 13 models and have the same screen type, Super Retina XDR. The iPhone 12 has the A14 Bionic chip and a Super Retina XDR screen. The iPhone SE third generation has the A15 Bionic chip and the less sophisticated Retina HD screen.

All currently available iPhone models except the iPhone SE third generation have an IP68 rating, which means water resistance for up to 30 minutes in up to 6 meters of water — almost 20 feet. The iPhone SE third generation has an IP67 rating — up to 30 minutes in 1 meter of water, or just over three feet.

Evaluate iPhone Storage Capacity

The iPhone models are available with different amounts of storage capacity. The following table shows the capacities with sample amounts of contents to give you some idea of what the amounts mean in real terms.

The iPhone 14 Pro models come in 128GB, 256GB, 512GB, and 1TB capacities. The iPhone 14, iPhone 14 Plus, and iPhone 13 come in 128GB, 256GB, and 512GB capacities. The iPhone 12 and iPhone SE third generation come in 64GB, 128GB, and 256GB capacities.

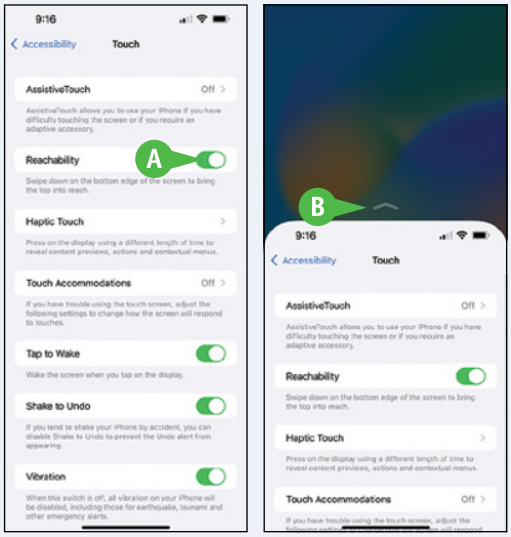
Higher capacities command substantially higher prices, so you must decide how much you are prepared to spend. Generally speaking, higher-capacity devices get more use in the long run and are worth the extra cost.

Capacity	Songs	Photos	Video
64GB	5,000	4,000	10 hours
128GB	10,000	8,000	20 hours
256GB	20,000	16,000	40 hours
512GB	40,000	32,000	80 hours
1TB	80,000	64,000	160 hours

Understanding the Reachability Feature

iOS includes a feature called Reachability to help you use your iPhone with one hand when necessary. With the Reachability feature enabled, swipe down on the bottom edge of the screen to slide the screen down so that you can easily reach the top of it. On the iPhone SE, you double-tap **Home** — double-tap rather than double-press — to slide the screen down. After you give a command, the screen slides back up again; if you decide not to give a command, tap **Restore** (B) ( ) to slide the screen back up; on an iPhone SE, double-tap **Home** again. Alternatively, wait a few seconds, and the iPhone slides the screen back up automatically.

To enable Reachability, first tap **Settings** ( ), tap **Accessibility** ( ), and then tap **Touch** ( ). Near the top of the Touch screen, set the **Reachability** switch (A) to On ( ).



Understanding the Live Photos Feature

All of the current iPhone models include a feature called Live Photos that enables you to capture short sections of video before and after a still photo. After capturing the Live Photo, you can make the video segments play by tapping and holding the photo.

You can view your Live Photos on other Apple devices, such as your iPad or your Mac. You can also use a Live Photo as the wallpaper for your iPhone's lock screen.

Using Your iPhone's Controls

With the touchscreen used for most actions, the iPhone 14 models have only four other hardware controls: the Side button in the middle of the right side; the Ringer On/Off switch at the top of the left side; and the Volume Up button and Volume Down button below the Ringer On/Off switch. This section illustrates and explains these controls, plus the methods for unlocking the iPhone and locking it again.

Identify the Hardware Controls

The right side of the iPhone has only one control, a button called the Side button. The Side button has multiple functions on its own and in combination with the Volume Up button and the Volume Down button. The remainder of this section explains how to use the Side button.

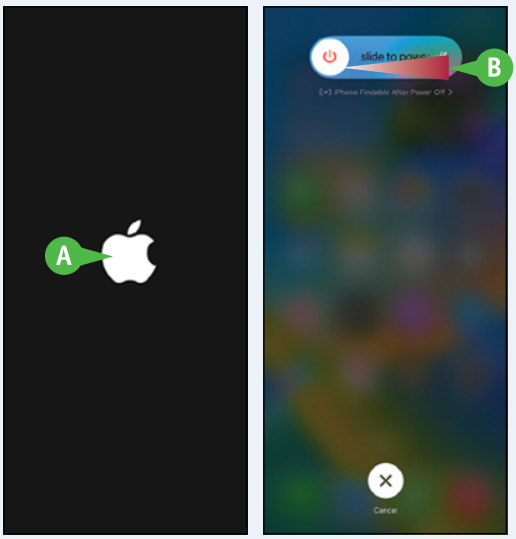
The left side of the iPhone has three controls:

- The Ringer On/Off switch turns the ringer on and off. Move the switch toward the rear of the iPhone, exposing an orange background, to turn the ringer off. Move the switch to the front again to turn the ringer back on.
- The Volume Up button and Volume Down button enable you to control the volume quickly without having to use the touchscreen. These buttons also work in combination with the Side button for other actions.

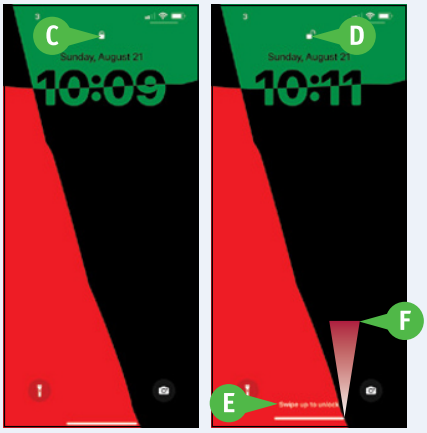
Turn Your iPhone On and Off

To turn on your iPhone when it is powered off, press and hold **Side** until the Apple logo (A) appears on-screen; then release the Side button. Your iPhone continues to start, and then the lock screen appears.

To turn off your iPhone, press **Volume Up** once, press **Volume Down** once, and then press and hold **Side** until the Power Off screen appears; then swipe **slide to power off** (B,) to the right.



Unlock and Lock Your iPhone



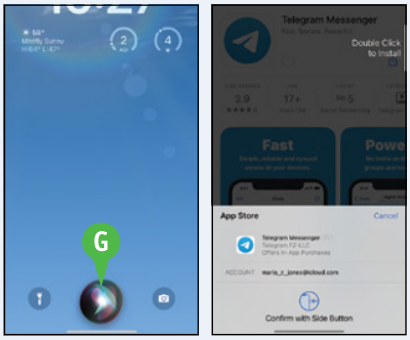
Most iPhone models have Face ID, which enables you to unlock the iPhone by scanning your face. However, iPhone models that have the Home button, such as the iPhone SE third generation, instead use Touch ID, which scans your fingerprint.

To unlock your iPhone via Face ID, hold the iPhone so the front cameras can scan your face. The iPhone unlocks (🔒, C, changes to 🔓, D), and the *Swipe up to unlock* prompt (E) appears at the bottom of the screen. Swipe up from the bottom of the screen (F). The iPhone unlocks, and you can start using it.

To unlock your iPhone via Touch ID, hold your registered finger against the Home button. When the *Press Home to open* prompt appears, press the Home button.

To lock your iPhone and put it to sleep, press **Side** once. Depending on how the iPhone is configured, the iPhone may also go to sleep automatically after a period of inactivity.

Using Sleep and Wake, Siri, App Store, and Apple Pay



When the iPhone is awake, press **Side** once to put it to sleep. When the iPhone is asleep, press **Side** once to wake it.

On a Face ID iPhone, press and hold **Side** at any time to activate Siri, which plays a tone and displays its icon (G) near the bottom of the screen.

On a Touch ID iPhone, press and hold **Home** at any time to activate Siri.

When installing an app from the App Store on a Face ID iPhone, double-click **Side** to authenticate yourself via Face ID and continue installing the app. On a Touch ID iPhone, hold your registered finger against the Home button to scan your fingerprint.

When making a purchase via Apple Pay on a Face ID iPhone, double-click **Side** to authenticate yourself via Face ID and confirm the purchase. On a Touch ID iPhone, hold your registered finger against the Home button to scan your fingerprint.

Force the iPhone to Restart

If the iPhone becomes unresponsive, a software problem may have occurred. Wait for a minute or two to see if iOS can resolve the problem.

If the iPhone remains unresponsive, you will need to restart it. Press **Volume Down** once, press **Volume Up** once, and then press and hold **Side** for 10–15 seconds. When the screen turns off, release **Side**. The iPhone then restarts, and the Apple logo appears on-screen.

Set Up and Activate Your iPhone

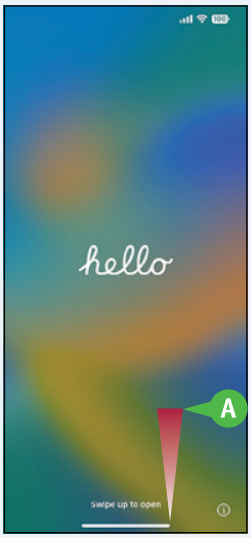
Before you can use your iPhone, you must set it up and activate it. First, you choose your language and specify your country or region. You can then either use the Quick Start feature, if you have an iPhone running iOS 11 or an iPad running iPadOS 13 or a later version, or continue setup manually. Assuming you continue manually, you connect the iPhone to the Internet through either a Wi-Fi network or the cellular network, choose whether to use Face ID unlocking or Touch ID fingerprint unlocking, and choose a passcode.

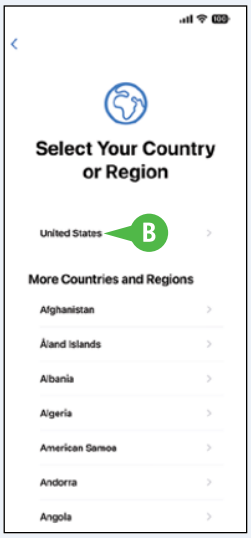
Power On Your iPhone

First, power on your iPhone by pressing and holding **Side** — the button on the right side of the iPhone — until the Apple logo appears on-screen. The Hello screen then appears.

Swipe up from the bottom of the screen (A) to start setup. The Language screen appears. Tap the language you want to use, such as **English**.

On the Select Your Country or Region screen that appears, tap your country or region (B).





Choose Quick Start or Manual Setup, and Connect to Wi-Fi

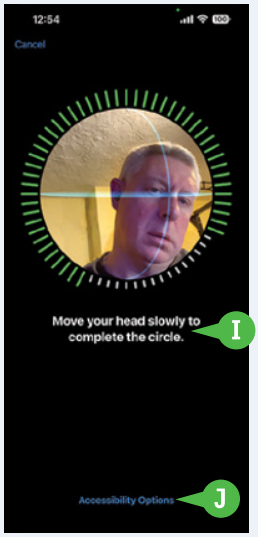
The Quick Start feature lets you set up your iPhone more quickly by sharing settings from an existing iPhone running iOS 11 or a later version or an existing iPad running iPadOS 13 or a later version. If you have such a device, bring it close to the new iPhone and follow the prompts. If not, tap **Set Up Manually** (C).

On the Choose a Wi-Fi Network screen, tap the wireless network (D) you want to use; if the Wi-Fi network's name does not appear because the network does not broadcast its name, tap **Choose Another Network** (E), and then type the network's details. Enter the network password when prompted, and then tap **Join**. To set up your iPhone via the cellular network rather than via Wi-Fi, tap **Continue Without Wi-Fi** (F).

Set Up Face ID

On the Face ID screen, tap **Continue** (G) if you want to set up Face ID now, which is usually the most convenient unlock method; if not, tap **Set Up Later** (H). Assuming you proceed, Face ID then walks you through the process of scanning your face twice, either by rotating your head (I) or by moving the iPhone around. If you have difficulty completing Face ID, you can tap **Accessibility Options** (J) at the bottom of the screen and then tap **Use Partial Circle**.

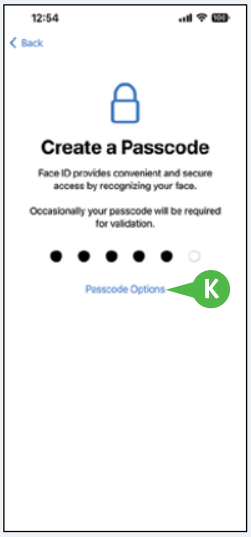
When Face ID is set up, tap **Continue**.

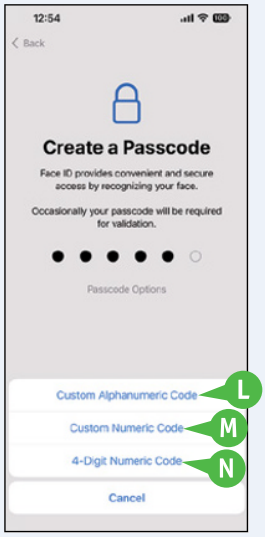


Create a Passcode

After setting up Face ID, you create a passcode for unlocking your iPhone when Face ID does not work or when iOS requires extra security, such as when the iPhone has restarted. On the Create a Passcode screen, tap the keypad to enter a six-digit numeric passcode, and then reenter the same passcode when prompted.

If you want to create a different type of passcode, tap **Passcode Options** (K). In the Passcode Options dialog, tap **Custom Alphanumeric Code** (L), **Custom Numeric Code** (M), or **4-Digit Numeric Code** (N), as needed. A long custom alphanumeric code is most secure, a long custom numeric code can be highly secure, and a four-digit numeric code is inadvisable.





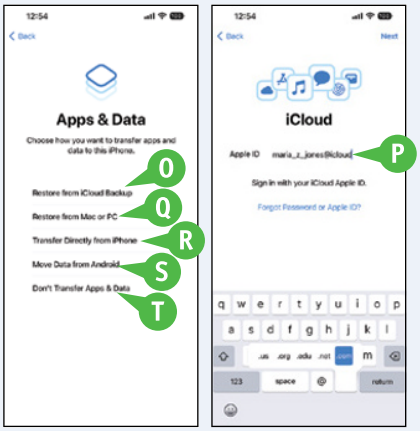
If you enter an easily guessed passcode, such as *111111* or *abcdef*, iOS warns you and suggests you enter a stronger passcode. Tap **Use Anyway** or **Change Passcode**, as needed.

continued ►

Set Up and Activate Your iPhone (continued)

After setting up Face ID and choosing a passcode, you choose how to complete setting up the iPhone. If you have not used an iOS device before, you can set up the iPhone as a new iPhone. If you have used an iOS device, you can restore an iCloud backup or an iTunes backup of that device to the iPhone. If you have been using an Android device, you can use the Move to iOS app to move data to the iPhone.

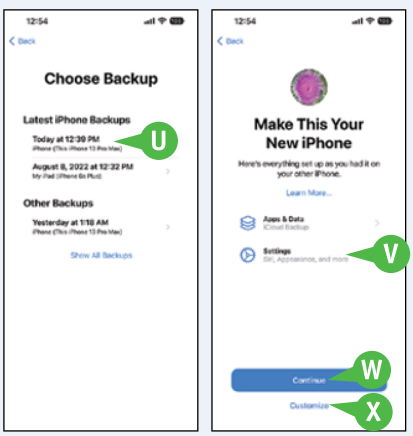
Choose How to Set Up Your iPhone



On the Apps & Data screen, you choose between five ways of setting up your iPhone:

- Tap **Restore from iCloud Backup** (O) if you have a backup of your previous iPhone or an iPad stored in iCloud. Sign in (P) on the iCloud screen that appears, and then continue with the instructions in the next subsection on this page.
- Tap **Restore from Mac or PC** (Q) if you have a backup of your previous iPhone or other iOS device on your computer. See the next section, "Set Up Your iPhone Using Finder or iTunes," for further details.
- Tap **Transfer Directly from iPhone** (R) if you are upgrading iPhones and have your old iPhone at hand. The Quick Start screen appears, and you can connect the iPhones wirelessly by bringing them close together.
- Tap **Move Data from Android** (S) if you are switching from an Android phone or tablet to the iPhone and you want to transfer data from your old device. You will need to install the Move to iOS app on your Android device. You then run the app, connect the iPhone and Android device by using a pairing code, and choose which data to transfer.
- Tap **Don't Transfer Apps & Data** (T) if you want to set up your iPhone from scratch. Follow the prompts to set up the iPhone manually; see the later subsection, "Set Up Your iPhone Manually," for highlights.

Set Up Your iPhone from an iCloud Backup

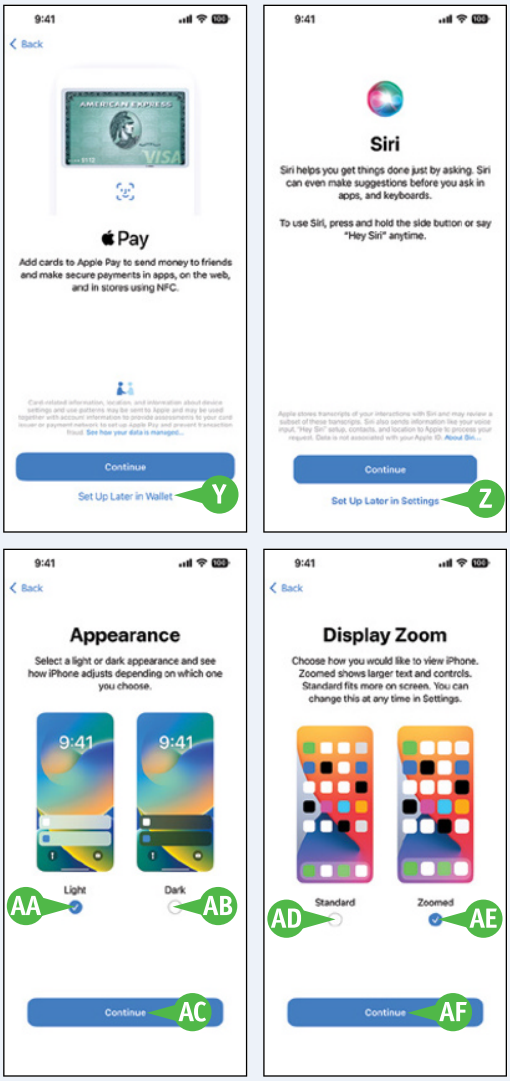


Follow the prompts to sign in to iCloud; if you have two-factor authentication enabled, iCloud sends a verification code to your registered device to enable you to authenticate yourself to your new iPhone. On the Terms and Conditions screen, tap **Agree** if you want to proceed.

On the Choose Backup screen, tap the backup (U) you want to use. Then, on the Make This Your New iPhone screen, tap **Settings** (V) and review the settings that you can restore or customize. Then tap **Continue** (W) or **Customize** (X), as appropriate.

Set Up Your iPhone Manually

When you choose to set up your iPhone manually, iOS walks you through a long sequence of configuration screens that enable you to customize how the operating system looks and behaves. The following list explains the key items you configure:



- **Apple Pay.** You can set up Apple's payment system on your iPhone, enabling you to make electronic transactions easily, including sending payments to your contacts via the Messages app. If you prefer to set up Apple Pay later, tap **Set Up Later in Wallet** (Y).
- **Siri.** You can set up Apple's voice-driven virtual assistant on your iPhone. Siri enables you to give various commands, such as sending an e-mail message or a text message and asking for a wide variety of information — for example, getting directions in the Maps app or looking up information on Wolfram|Alpha or on the web. If you prefer not to set up Siri now, tap **Set Up Later in Settings** (Z).
- **Appearance.** iOS gives you the choice between a Light appearance and a Dark appearance. During setup, you choose an appearance on the Appearance screen. The appearance you choose controls the way much of the iOS interface appears. Tap **Light** (AA, ○ changes to ✓) or **Dark** (AB, ○ changes to ✓) to see which you prefer, and then tap **Continue** (AC). You can subsequently change the appearance by tapping **Settings** (⚙) on the Home screen, tapping **Display & Brightness** (AA), and then working on the Display & Brightness screen. Here, you can also set the **Automatic** switch to On (⬤) and specify the schedule — either **Sunset to Sunrise** or **Custom Schedule** — on which you want iOS to switch appearances automatically.
- **Display Zoom.** iOS offers two views, Standard View and Zoomed View. During setup, you choose a view on the Display Zoom screen. Tap **Standard** (AD, ○ changes to ✓) or **Zoomed** (AE, ○ changes to ✓) to compare the two views, and tap **Continue** (AF) once you have made your choice. You can subsequently change views by tapping **Settings** (⚙) on the Home screen, tapping **Display & Brightness** (AA), tapping **View** on the Display & Brightness screen, and using the controls on the Display Zoom screen.

Set Up Your iPhone Using Finder or iTunes

You can manage your iPhone from your Mac using Finder on recent versions of macOS. For macOS Mojave and earlier versions, and for Windows PCs, you use iTunes. You can either restore a backup to the device or set up the iPhone from scratch using Finder or iTunes. This example shows macOS Ventura.

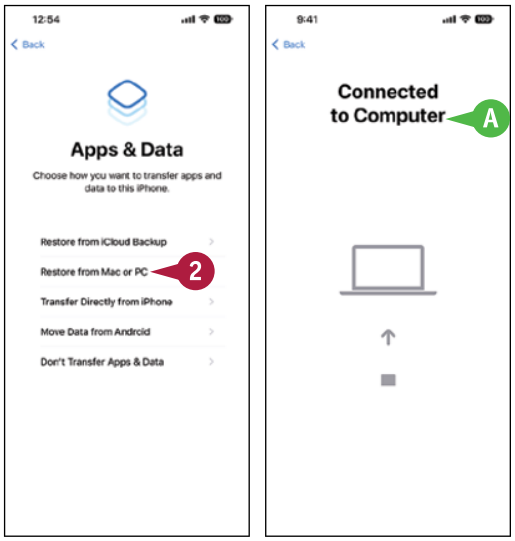
When setting up your iPhone for the first time, you can restore it from a backup of another iPhone — for example, your previous iPhone. If you have already set up this iPhone and have backed it up, you can restore it from its own backup.

Set Up Your iPhone Using Finder or iTunes

1. Begin setup as explained in the previous section, "Set Up and Activate Your iPhone."
2. On the Apps & Data screen, tap **Restore from Mac or PC**.

   The Connect to Computer screen appears.
3. Connect your iPhone to your computer via the USB cable.

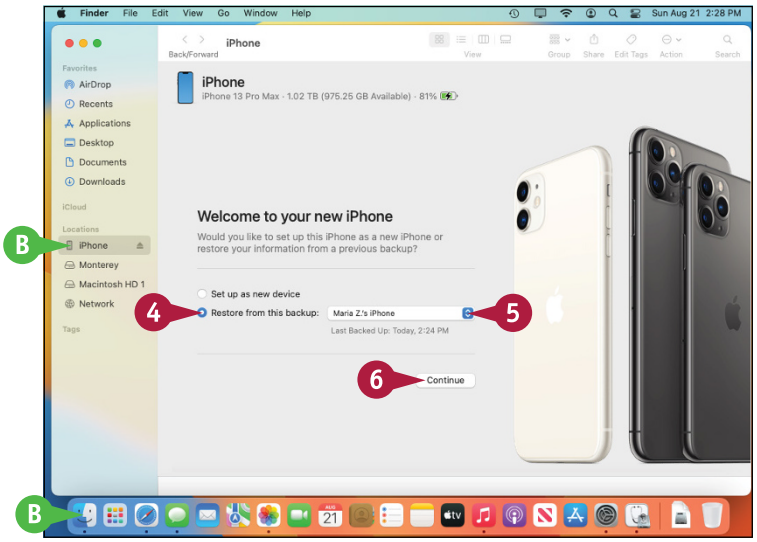
A. The Connected to Computer screen appears on your iPhone.



B. On macOS, click **Finder** ( ) on the Dock to open a Finder window if one does not open automatically showing the iPhone's management screens, and then click the iPhone.

   On your computer, a Finder window opens or iTunes opens or becomes active.

   The Welcome to Your New iPhone screen appears.
4. Make sure the **Restore from this backup** radio button is selected ( ).
5. Click the pop-up menu button ( ) and select the appropriate iPhone from the menu.
6. Click **Continue**.

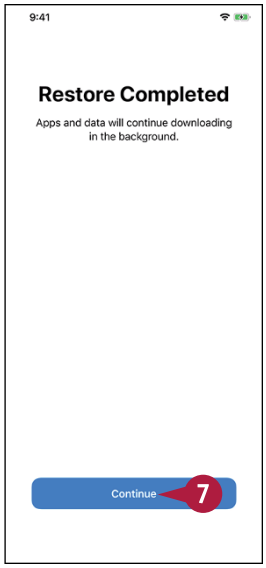


iTunes restores your iPhone from the backup.

When the restore is complete, your iPhone restarts.

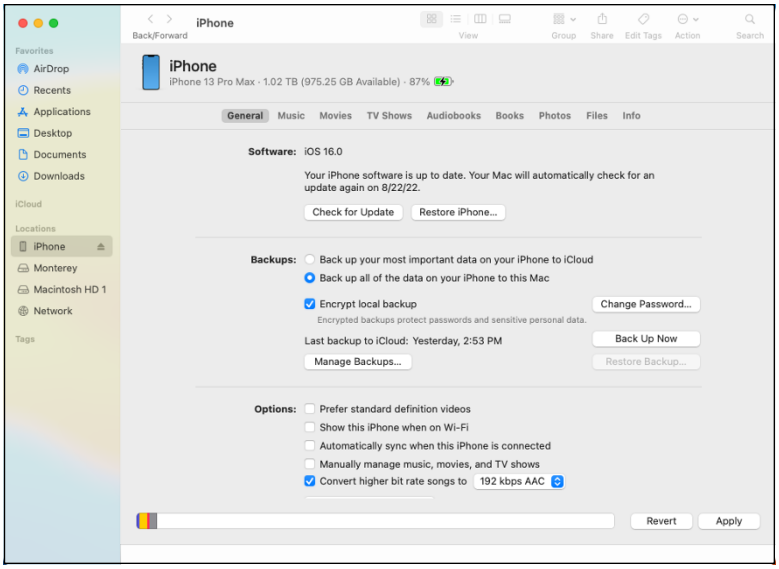
The Restore Completed screen appears on the iPhone.

7 Tap **Continue**.



Your iPhone's control screens appear in the Finder window or iTunes window.

You can now choose sync settings for the iPhone as explained in the next section, "Choose Which Items to Sync from Your Computer."



TIP

How do I set up my iPhone from scratch using Finder or iTunes?

On the Apps & Data screen, tap **Restore from Mac or PC**, and then connect your iPhone to your computer via the USB cable. When the Welcome to Your New iPhone screen appears in Finder or iTunes on your computer, click **Set up as new device** (changes to). Click **Continue**. On the Sync screen that appears, click **Get Started**. The iPhone's management screens appear, and you can set up synchronization as described in the next section, "Choose Which Items to Sync from Your Computer."

Choose Which Items to Sync from Your Computer

After specifying that you will use Finder or iTunes to sync your iPhone, as explained in the previous section, "Set Up Your iPhone Using Finder or iTunes," you use the iPhone's control screens in Finder or iTunes to choose which items to sync. On the General tab in Finder or the Summary tab in iTunes, you can change your iPhone's name, specify the backup location, and set general options for controlling syncing.

Choose Which Items to Sync from Your Computer

Connect Your iPhone and Choose Options on the General Tab or Summary Tab

1. Connect your iPhone to your computer via the USB cable.

   A. On macOS, click **Finder** ( ) on the Dock to open a Finder window if one does not open automatically showing the iPhone's management screens, and then click the iPhone.

   On macOS Mojave or older versions or on Windows, the iTunes window appears.

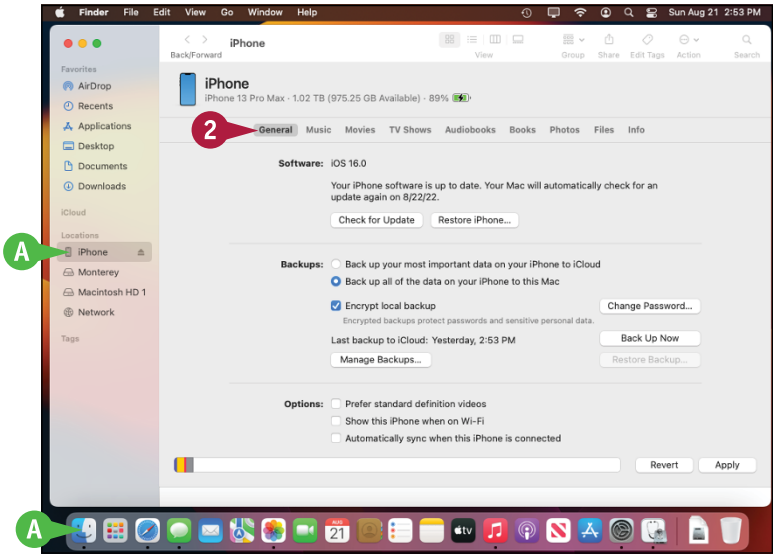
Note: If your iPhone's control screens do not automatically appear in iTunes, click **iPhone** ( ) on the navigation bar at the top of the screen.

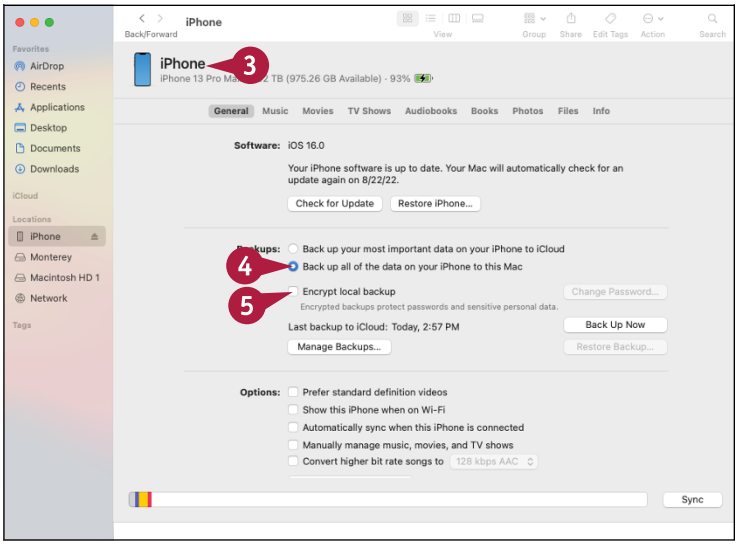
2. In Finder, click **General**; in iTunes, click **Summary** in the sidebar on the left.

3. To change the iPhone's name, click the existing name, type the new name, and press Return or Enter.

4. Click a radio button (changes to) to specify where to back up your iPhone.

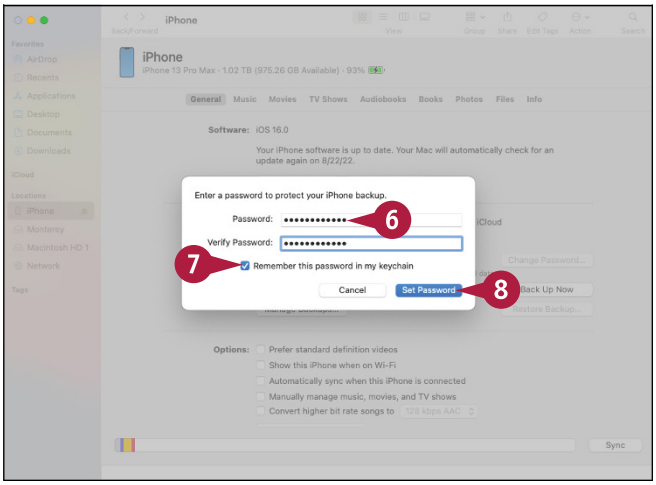
5. If you choose to back up to this computer, click **Encrypt local backup** or **Encrypt iPhone backup** (changes to).



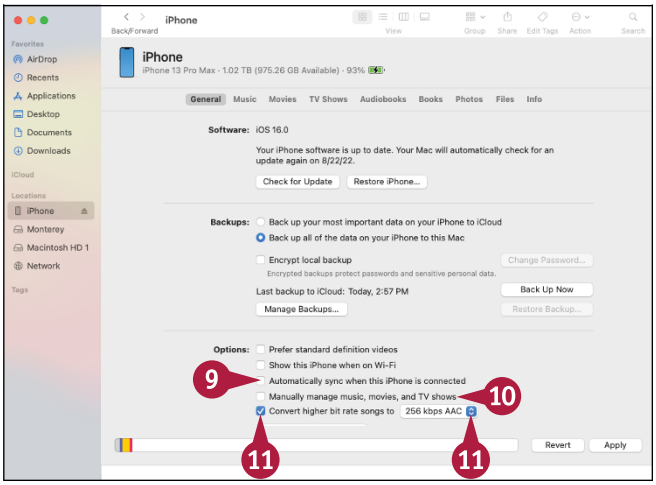


A dialog opens for setting a password.

6. Type a password in the Password box and again in the Verify Password box.
7. On a Mac, click **Remember this password in my keychain** (☐ changes to ☑) if you want to save the password in your keychain.
8. Click **Set Password** to close the dialog.



9. Click **Automatically sync when this iPhone is connected** (☐ changes to ☑) if you want to sync your iPhone automatically when you connect it.
10. Click **Manually manage music, movies, and TV shows** (☐ changes to ☑) if you want to load these items on your iPhone manually rather than using the automated features in Finder or iTunes.
11. Click **Convert higher bit rate songs to** (☐ changes to ☑) if you want to compress larger songs to fit more on your iPhone. Click the pop-up menu button (⇕) and select the bit rate and encoding type, such as **256 Kbps AAC**.



TIP

Should I back up my iPhone to my computer or to iCloud?

If you plan to use your iPhone mostly with your computer, back up the iPhone to the computer. Doing so makes iTunes store a full backup of the iPhone on the computer, so you can restore all the data to your iPhone or to a replacement iPhone, if necessary. You can also encrypt the backup; doing so enables you to store and restore your passwords. To keep your data safe, you must back up your computer as well. For example, you can use Time Machine to back up a Mac.

Backing up your iPhone to iCloud enables you to access the backups from anywhere via the Internet and to take advantage of Apple's reliable storage, but make sure your iCloud account has enough storage to contain the backups. An iCloud backup stores less information than a Finder or iTunes backup.

continued ▶

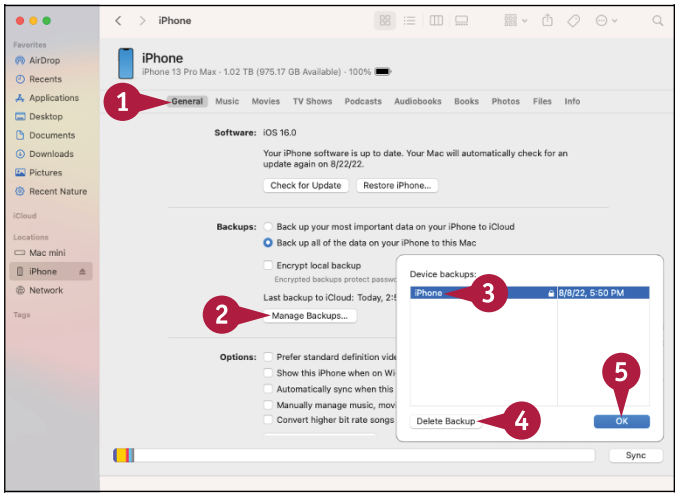
Choose Which Items to Sync from Your Computer (continued)

Backing up your iPhone to your computer is convenient but takes up space. You may want to delete old backups manually to reclaim space.

You can easily choose which items to sync to your iPhone. By selecting the iPhone in the sidebar in Finder on recent versions of macOS and clicking the appropriate tab or by selecting the iPhone on the navigation bar in iTunes and then clicking the appropriate item in the Settings area of the Source list, you can specify which music, movies, books, and other items to sync from your computer.

Choose Which Items to Sync from Your Computer (continued)

Manage Your iPhone Backups



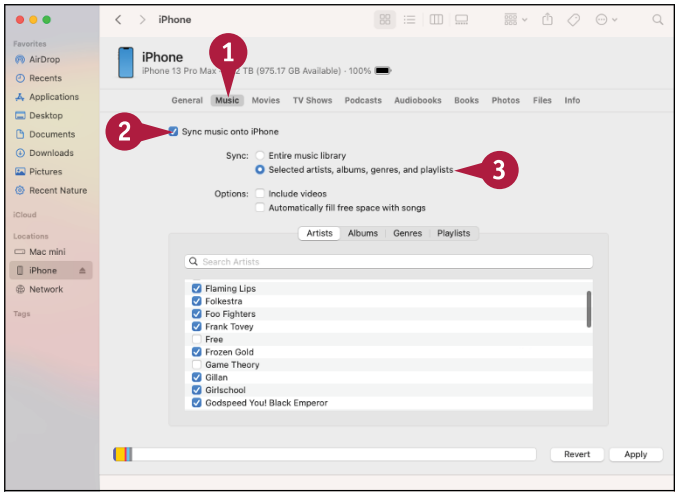
1. In Finder, click **General**; in iTunes, click **Summary**.
2. Click **Manage Backups**.

   A dialog opens, showing a list of backups.
3. Click the backup you want to delete.
4. Click **Delete Backup**.
5. Click **OK**.

   The dialog closes.

Choose Which Content to Sync

Note: This section uses the Music category to illustrate choosing content to sync. The controls in most of the other categories — such as Movies, TV Shows, and Podcasts — work in the same way, although the specific controls vary.



1. Click the category or tab, such as **Music**.

   The contents of the category or tab appear.
2. Click **Sync music onto iPhone** (☐ changes to ☑).

   The remaining controls become enabled.
3. To load a selection of music, click **Selected artists, albums, genres, and playlists** (◯ changes to ◉) instead of **Entire music library**.