

Mac & Chromebook | Easy | 2 min read

Mac: my Mac is slow or shows the spinning wheel

The spinning rainbow wheel means your Mac is busy and cannot keep up with what you have asked it to do. Most of the time the cause is simple and you can fix it yourself.

Wait, then check which app is the problem

If the wheel appears only in one app, give it a minute or two. If it stays, see our Force Quit guide.

Restart your Mac

Many Macs are left running for weeks, which slowly clogs them up. Click the **Apple menu** in the top left, then choose **Restart**. Save your work first.

Find what is using the power

1. Open **Activity Monitor**. Press Command and Space, type Activity Monitor and press Return.
2. Click the **CPU** tab, then click the **% CPU** heading to sort the list.
3. Look at the top few entries. If an app you do not need is using a lot, close it normally first.

Only use the cross button in Activity Monitor on apps you recognise. Never end something you do not know.

Reduce what starts up with your Mac

Open **System Settings**, then **General**, then **Login Items**. On older versions this is **System Preferences**, then **Users & Groups**, then **Login Items**. Remove apps you never use by selecting them and clicking the minus button.

Check storage and updates

A Mac that is nearly full runs slowly. Go to **System Settings**, **General**, then **Storage** to see how much room is left. Also check **Software Update** in the same General section, as updates often include speed fixes.

Other common causes

- Too many browser tabs open at once. Close the ones you are not using.
- An older Mac that does not have much memory (RAM). Newer apps may simply be too demanding for it.

When to get more help

Contact us if the wheel appears constantly even after a restart, if your Mac is more than about eight years old and struggles with everyday tasks, or if you hear loud fans or notice the Mac getting very hot. We can check whether a clean-up, more storage or a replacement makes the most sense.

Still stuck? Email admin@visiontech336.com and tell us what you can see on the screen. Menus and button names can differ slightly between versions and makes. If something does not match, stop and ask rather than guess. Please never send passwords or card details.