

How to turn on automatic updates (Windows, Mac, phone)

Live guide: <https://cyberguardlab.com/blog/automatic-updates-windows-mac-phone>

Key points

- Automatic updates are free, high-value security hygiene (CISA).
- Windows 11: Start > Settings > Windows Update; set active hours; pause only temporarily.
- macOS: System Settings > General > Software Update > Automatic Updates (including security responses).
- iPhone: Settings > General > Software Update > Automatic Updates.
- Android: enable system/security auto-updates and Play Store auto-update apps on Wi-Fi.
- Prefer trusted home Wi-Fi for large updates; never install updater APKs from random texts.

Quick FAQ

Why do automatic updates matter?

CISA: patches fix known vulnerabilities attackers keep exploiting long after fixes exist. Auto-updates shrink the window you stay exposed.

Will updates delete my files?

Normal OS updates keep your data. Still back up important files before major upgrades.

Windows Update is stuck - is that this guide?

No. Use the Windows Update stuck or virus guide for troubleshooting or malware concerns.

Independent US household comparison site. No product scores invented. Confirm details on official sources linked in the live guide.