



The 2-Minute System Data Check

Find out whether apps and photos are really what is filling your iPhone.

STEPS Check your phone

Settings > General > iPhone Storage

1 Open the storage screen

Settings > General > iPhone Storage. Wait 10–20 seconds for the coloured bar to load.

2 Read the bar

Red is Apps, orange Photos, yellow Messages, grey iOS, and the dark block is **System Data**.

3 Note your System Data number

Scroll to the bottom of the list and tap System Data. Write the GB number down.



What your number means

Under about 20 GB: normal

Your storage really is apps, photos and messages. Use Offload Unused Apps and Optimize iPhone Storage on the storage screen. You don't need anything else from us.

About 20–35 GB: try the quick wins

Restart the phone, install any iOS update, then back up and offload-and-reinstall your biggest apps. Check again after a day.

35 GB or more, or over a third of what's used: likely bloat

Deleting photos and apps won't fix it, because the space isn't in them. There is a fix that resets the System Data bucket without losing your photos, messages or eSIM, and the order of steps is the whole game. The full walkthrough with the checks and the traps marked is the **System Data Rescue Kit** at SystemDataFix.com.

These ranges are a rule of thumb from our own testing, not Apple numbers. Results vary. Not affiliated with Apple Inc.