How to reset the SMC, PRAM and NVRAM on a Mac Laptop
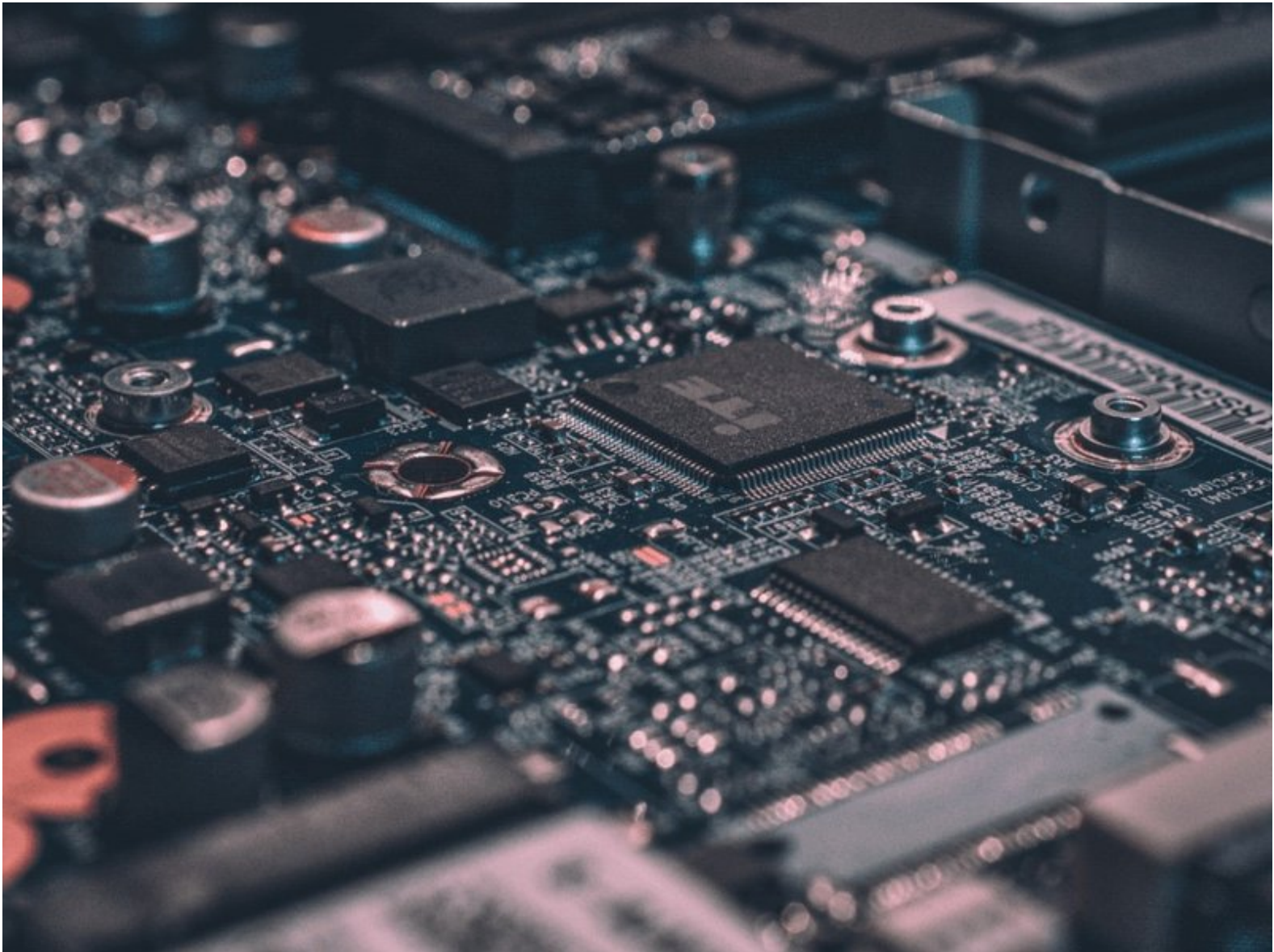
Reset the SMC, PRAM and NVRAM. Fixes most common Mac Laptop problems.

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INTRODUCTION

Mac Laptop not booting up properly? Strange things happening to your beloved Mac? Resetting your SMC, PRAM, and NVRAM might help!
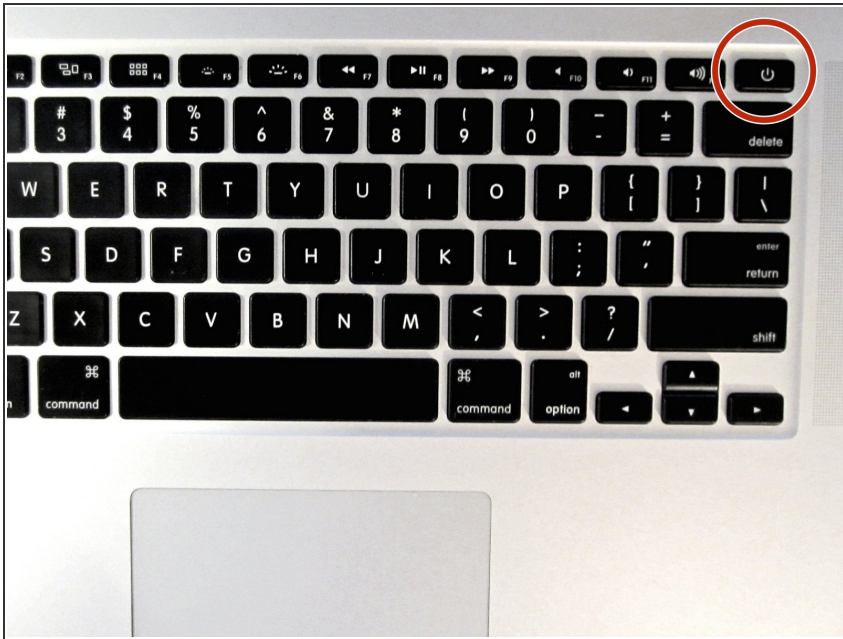
If you have a MacBook Pro 2018 Model with a T2 Chip head over to [this guide](#) as the steps are different for that model.

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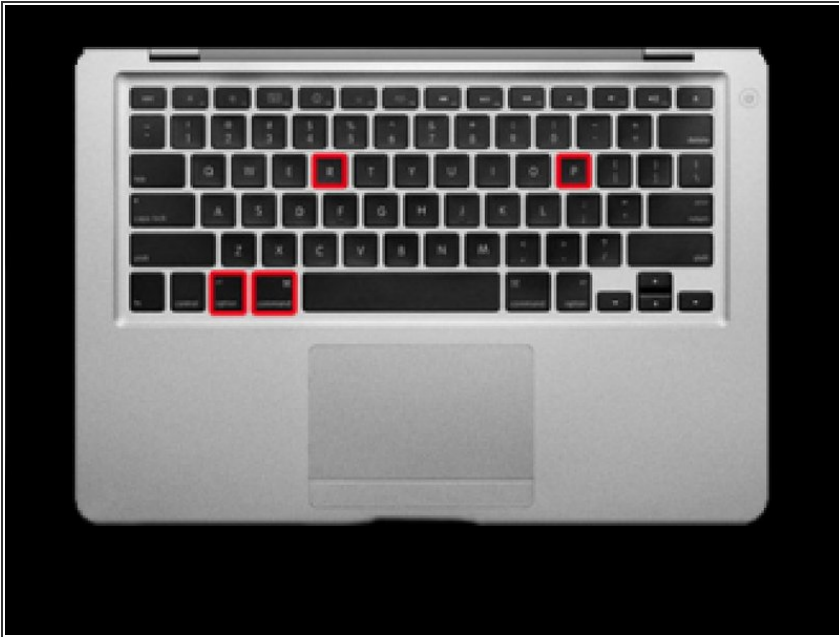## Step 1 — SMC Reset for Mac Laptops with a Non-Removable Battery

Reset the SMC

📌 If your Mac has a removable battery, skip this step and go to step 2.

● Choose Apple menu > Shut Down.

● After your Mac shuts down, press Shift-Control-Option on the left side of the built-in keyboard, then press the power button at the same time. Hold these keys and the power button for 10 seconds. If you have a MacBook Pro with Touch ID, the Touch ID button is also the power button.

● Release all keys. Press the power button again to turn on your Mac.

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Step 2 — SMC Reset on a Mac Laptop with a Removable Battery.

- Power down your Mac.

- Remove the battery.

- If you are unsure how to remove your Mac's battery, [head on over to this link](#)and select your Mac's make and model.

- Once you have removed the battery, press and hold the power button for 5 seconds.

- Release the power button. Reinstall the battery.

- Press the power button again as you would to turn on the Mac.

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Step 3 — PRAM/NVRAM Reset

- Shut down the computer

- Press the Power button

- Before the grey color screen is shown, press and hold Command + Option + P + R keys simultaneously.

- Hold down these keys until the MacBook restarts and then you will hear the startup sound.

- Release the keys.

- (i) Once you have reset PRAM/NVRAM, keep in mind that settings like disk caches, volume, time, keyboard and mouse preferences, will also be reset.

If these reset did not help you with your Mac, head on over to the Answers Forum (if you have not already been there) and ask our friendly community for the next steps.