

Forum:[Hack Forums](#)

Thread: [# \[DISCUSSION\] Why Android Background Apps Slow Down?](#)

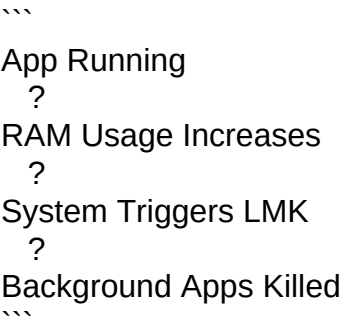
techpacket - February 16, 2026, 2:53 am

Many users notice that Android apps run smoothly at first, but after some time background apps become slow, reload frequently, or even get killed automatically.

Let's break down the real reasons ?

? 1 RAM Management & Low Memory Killer (LMK)

Android is based on Linux kernel.
It uses an internal process manager that automatically kills background apps when RAM gets low.

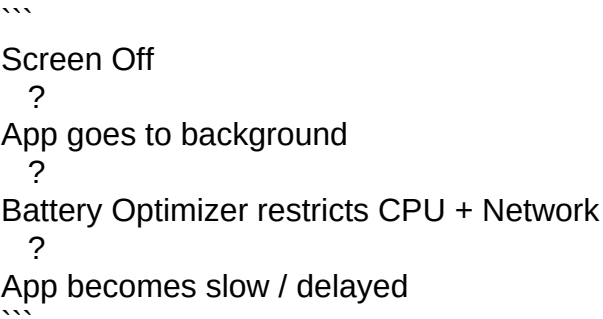


So when you reopen the app -> it reloads again -> feels slow.

? 2 Aggressive Battery Optimization

Many manufacturers like:
Xiaomi
Samsung Realme

add aggressive battery saving systems.



Especially messaging or VPN apps get affected.

? 3 Limited RAM Devices

On 3GB / 4GB RAM phones:

...

System UI

+ Google Services

+ Social Media Apps

+ Browser

= RAM Almost Full

...

Android prioritizes foreground app -> background apps slow down.

? 4 Background Process Limit (Developer Option)

If someone sets:

...

Developer Options -> Background process limit

...

to a low value, apps will constantly restart.

? 5 Network Throttling in Background

Android restricts:

Background data Sync frequency

Wake locks

Result:

...

Notification delay

Slow refresh

Delayed uploads

...

? 6 Cache Fragmentation & Storage Slowdown

If internal storage is nearly full (80%+):

...

Read/Write Speed Drops

?

App Launch Time Increases

?

Background Reloading Slower

...

Especially on older eMMC storage devices.

? 7 OEM Custom UI Impact

Heavy custom UI like:

MIUI
One UI

add extra services & monitoring -> more RAM + CPU usage.

? How To Reduce Background Slowdown?

- ? Disable unnecessary battery optimization
- ? Lock important apps in Recents (if supported)
- ? Keep at least 20–25% storage free
- ? Avoid task killer apps
- ? Use Lite versions of heavy apps
- ? Restart device weekly

? Final Thoughts

Android is designed to manage RAM automatically.

Background apps slowing down is usually not a bug — it's system resource optimization.

However, aggressive OEM tuning + low RAM + full storage = noticeable performance drop.