Running Your Mac Lean, Clean, and Mean

with Dave Hamilton
Who are we?

• Dave says: I’ll go first
• Mac Observer - Over 17 years
• Mac Geek Gab Podcast - almost 11 years
• Geek... forever!
Who are we?

- Your turn
  - Mac owners?
  - Less than one year?
  - More than 5 years?
  - Consider yourself a geek?
  - Geek in Training?
  - Seen my Lean/Clean/Mean before?
What you’ll learn

• How to keep your Mac running clean
• Preventative steps to take before problems hit
• What to do when things aren’t right
• Mac Bliss & Cool Stuff Found: Some of Dave’s favorite tips and apps he uses to keep his Macs running smooth
But first... why?
What are the benefits?

• Mac builds up cruft over time.
• The more stuff you have on your Mac, the more space it takes up.
• You probably don’t use everything on your Mac.
• Prep your Mac – and yourself – for the day when disaster *does* strike.
Running Clean

Startup Cleanup

- System Preferences -> Users & Groups
- Login items tab
- Check everything here
- Google what you don’t know before removing
Running Clean

Startup Cleanup

• Check ‘launchd’

• Use Lingon - peterborgapps.com/lingon/

• Be careful!
Running Clean Extensions

- You can Disable and Re-Enable
- Demo->
Running Clean
Activity Monitor

- Built into OS X
- `/Applications/Utilities/Activity Monitor`
- Real-time output of CPU, RAM, Network usage, also shows emulation
- Demo->
Tangent - Cool Stuff Found

iStat Menus

• At-a-glance access to System State/health
• Memory, Network, Disk, CPU Usage, Temperature in the menu bar
• http://bjango.com/mac/istatmenus/ - US$18
Running Clean
File/Cache Cleanup

- OnyX - http://www.titanium.free.fr/
- Delete caches automatically
Tangent - Cool Stuff Found

OmniDiskSweeper

• Finds sizes of everything on your drive
• Free at www.omnigroup.com
• Demo->
Running Clean
The BIG secret

• Unix was built for apps to start up and run for months or even years
• Consumers use computers differently: multiple apps, opened and closed regularly/daily
• As such, OS X’s RAM, virtual memory and caches can become full and fragmented
• The BIG secret:
  • REBOOT!
Running Clean
What we’ve learned

- Clean up system startup
- Login Items
- Launchd (with Lingon)
- Clean caches (manually or using OnyX)
- Reboot regularly!
Preventative Maintenance
Disk Utility

- Repair File System

- File System Repair can be run from boot drive. Better if run from Recovery Partition with CMD-R at boot.
Preventative Maintenance
Drive Genius 4

- Rebuild Directory
- Repair Directory
- Defragment Disk
- Surface Scan (Integrity Check)
- Repartition
- Duplicates
- Drive Pulse

www.prosofteng.com
$99.00
Tangent
Defragmenting/Optimization

- NOT FOR SSDs!
- Used to be all but mandatory
- Unix changes a lot of that
  - OS X keeps a “hot list” and optimizes smaller, recently-used files for you
- If you repeatedly push up against the full size of your drive, fragmentation will exceed acceptable limits
- Prosoft’s Drive Genius defragments
- But rebuild directory first!
Mac Bliss
SSD Drives

• Ongoing MGG Obsession
• Less and less expensive
  • 240 GB = $70
  • 480 GB = $129
  • 960 GB = $269
• System-wide Speed Upgrade
  • Reduces seek latency to (nearly) zero
• Don’t defrag!
• Kingston, Crucial, OWC, OCZ, Samsung
Preventative Maintenance

Command Line Startup

• Boot to Single User Mode with Command-S on startup
• Then run

  `fsck / -fy`

  – that will check and, if necessary, repair your boot volume
• Bonus is that you can do this without booting from a separate disk!
Preventative Maintenance

Disk Overview

- Directory Repair
- Disk Utility
- Drive Genius
- ‘fsck’ from command-line/Terminal
Preventative Maintenance
System Scripts

- What they do
  - daily - removes log files, temporary files, backs up the NetInfo database, rotates your system.log
  - weekly - rebuilds locate and ‘whatis’ unix databases, rotates less-frequently filled logs
  - monthly - reports per-user accounting and rotates even more logs.

- ‘daily’ script is the key to happy life on your Mac
Preventative Maintenance
System Scripts

• Running them

• If your machine is on all the time, they *should* run no problem

• If not, they may or may not run, so manually run them

• Terminal - ‘sudo periodic daily weekly monthly’

• Or... Onyx, of course! >
Preventative Maintenance
Test Account

- Go to System Preferences->Users & Groups
- Create new “Test” user with Administrative Privileges
  - Remember the password
- Good when your system starts acting funky. You can log in as this user. If successful with test operations, you know it’s a user preference and not a system-wide issue
Preventative Maintenance
The BIG secret

- Well, rebooting doesn’t hurt
- But Backing Up is better
- Time Machine - Built into OS X
- Carbon Copy Cloner - http://bombich.com
- Prosoft Data Backup - http://www.prosofteng.com/
Tangent - Cool Stuff Found

TimeMachineEditor

• Time Machine Backs Up Every Hour
• Can slow down your machine
• http://timesoftware.free.fr/timemachineeditor/
• Must Turn Time Machine Off
• Demo->
Preventative Maintenance
What we’ve learned

• Keep our drives happy
• Run system maintenance scripts
• Create a test user
• The Secret:
  • BACKUP!
• and as a bonus...
  • REBOOT!
Disaster Strikes
Machine Won’t Boot

- Go to command line, run ‘fsck’
- If that finds problems, it will fix them and automatically run again until it runs clean.
- Boot from Recovery Mode (Cmd-R) and run Disk Utility
- Boot from Drive Genius and rebuild directory
- Target-disk mode to another Mac to copy data and punt!
Disaster Strikes
Data Recovery

• Target Disk Mode
  • Copy Data to other Mac, then reformat, reinstall.

• Prosoft’s Data Rescue
  • For when the files can’t simply be copied

• Don’t trust a failed drive again
  • They’re too cheap to roll those dice
Disaster Strikes

Taking it in

• If under AppleCare and *not* accidental damage, call AppleCare or visit local Genius Bar.

• Genius Bar diagnostics are FREE

• Aside: Buy AppleCare

• 3rd parties for non-AppleCare and damage-related issues

• TechRestore - http://www.techrestore.com/

• iResQ - http://www.iresq.com/ - Formerly MacResQ
Disaster Strikes
What We’ve Learned

• Try command-line/single-use mode first
• Boot from Recovery Mode and Run Disk Utility
• Then Drive Genius
• Then boot from another Mac, if available, and user Target Disk Mode to copy files
• Reformat and restore from Backup
• Send it in!
Mac Bliss - Battery Conditioning

• Check System Profiler for Full charge capacity (mAh) and Cycle count

• Full charge capacity Max is different for each. Most above 5000 (4000 for Airs) when new. Apple allows for 20% degradation.

• If cycle count is <300 on removables or <1000 on built-in, still covered if you have AppleCare or Warranty.

• Don’t Leave Charging 100% of time.

• Apple says discharge once/month, I say twice, at least.

• Abuse your battery. Run FruitJuice!

• http://fruitjuiceapp.com
Mac Bliss
Hazel

• Automated Organization for your Mac
• Watches your files and folders so you don’t have to
• Auto-sort downloads
• Delete support files along with apps
• Auto-empty trash on schedule
• $32 from Noodlesoft.com
• Demo(s)! ->
Mac Bliss
LucyPhone

• Waits on hold so you don’t have to.
• Calls you back when you’re needed.
• Free!
• From your Mac (lucyphone.com) or iDevice (dedicated app)
• Demo->
Mac Bliss
PowerLine Networking

- Use your electrical system to transmit Ethernet signals
- Get PowerLine AV, not previous models
- 200Mbps max, usually about 100Mbps
- Can span circuits now
- Connect two WiFi Access Points Together
- $35/pair for TP-Link AV500 2-pack at amazon.com
Mac Bliss
Speeding up Finder

• Disable “Calculate all sizes” in list view
• View->As List
• View->Show View Options
• Reduces disk access when browsing folders
Wrap Up/Q&A

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