

Clean Up Startup Items in macOS

To manage applications and processes that launch automatically when you log in to macOS (including macOS 15.2 and later), you can adjust your startup items. Here's how:

1. Using System Settings (or System Preferences)

- **Step 1:** Click the Apple menu (◊) in the top-left corner of your screen and select **System Settings** (or **System Preferences** on older macOS versions).
- **Step 2:** Go to **General** and then **Login Items**.
- **Step 3:** A list of apps and services that launch at startup will be displayed. To remove an item, select it and click the **minus (-)** button below the list.
- **Step 4:** Repeat this for all items you wish to remove.

2. Adjusting App-Specific Settings

- Many applications include their own settings to control startup behavior. Look within the app's preferences or settings to disable automatic launching.

3. Managing Launch Agents and Daemons (Advanced)

- Background processes can be managed by Launch Agents or Launch Daemons. These are typically located in the following directories:
 - ~/Library/LaunchAgents (for user-specific agents)
 - /Library/LaunchAgents (for system-wide agents)
 - /Library/LaunchDaemons (for system-wide daemons)
- **Caution:** Modifying these files can impact system stability. Proceed with care.

Tips:

- **Restart Your Mac:** After making changes, restart your Mac to confirm that the startup items no longer launch.