

Why Do Your iPhone Apps Keep Logging You Out?

The Complete 8-Step Fix Guide

2-5 min

Average Fix Time

8 Fixes

Step-by-Step Solutions

iOS 15+

Works On All Versions

The Problem:

You open Instagram and you're logged out. Again. Gmail asks for your password. For the 5th time today. Spotify forgets you exist. Your banking app doesn't recognize you.

This isn't normal. And it's NOT your fault.

Why This Happens?

- iOS updates reset app sessions and clear temporary login data
- Background App Refresh gets disabled, breaking session persistence
- Storage limits trigger automatic cache clearing
- iCloud Keychain sync failures lose saved credentials

In This Guide:

- The exact iOS settings causing constant logouts
- 8 proven fixes (ranked easiest - most effective)
- How to prevent this from happening again
- When it's the app's fault (and what to do)

Most people fix this with solutions #2 or #5

The 8 Fixes

Part 1: Quick Wins

01 Stop Force-Closing Apps

Let iOS manage memory automatically

Easy Immediate

Problem

Swiping apps away removes session data that keeps you logged in

How To Fix:

- Stop swiping up to close apps unless they freeze
- iOS closes apps when memory is needed
- Sessions stay active = you stay logged in

02 Turn On iCloud Keychain

Sync credentials across all your devices

Easy Fixes 70% Of Cases

Problem

Without Keychain, iPhone can't store/sync login credentials

How To Fix:

- Settings - [Your Name] - iCloud
- Tap 'Passwords & Keychain'
- Toggle ON 'Sync this iPhone'

03 Enable Background App Refresh

Let apps update sessions in the background

Easy Immediate

Problem

Apps can't maintain sessions without background refresh

How To Fix:

- Settings - General - Background App Refresh
- Turn ON for apps that keep logging you out
- Recommended: Gmail, Instagram, banking apps

04 Free Up Storage Space

Prevent automatic cache deletion

Medium High Impact

Problem

Full storage forces iOS to delete app cache = logout

How To Fix:

- Settings - General - iPhone Storage
- Delete unused apps and old photos
- Keep at least 5GB free

The 8 Fixes

Part 2: Advanced Solutions

05 Update iOS and Apps

Fix known login bugs with latest versions

Easy Fixes App Bugs

Problem

Old software versions have known login bugs

How To Fix:

- Settings - General - Software Update
- App Store - Updates - Update All
- Restart iPhone after major updates

06 Check Multi-Device Conflicts

Manage sessions across iPhone, iPad, Mac

Medium Fixes Streaming Apps

Problem

Some apps log you out when you sign in elsewhere

How To Fix:

- Check if logged in on iPad/Mac/other phones
- Log out from unused devices
- Some apps limit simultaneous sessions

07 Adjust Safari Privacy Settings

Allow cookies from trusted sites

Medium Fixes Web Logins

Problem

Blocking all cookies breaks web-based app logins

How To Fix:

- Settings - Safari - Privacy & Security
- Turn OFF 'Block All Cookies' if enabled
- Keep 'Prevent Cross-Site Tracking' ON

08 Reinstall Problematic Apps

Clear corrupted app data completely

Last Resort Nuclear Option

Problem

Corrupted app data causes persistent logout loops

How To Fix:

- Press and hold app icon - Remove App
- App Store - Redownload the app
- Sign in again (data usually cloud-synced)

Still Getting Logged Out Every Day?

Stop wasting time signing in. RelyPass stores all your passwords securely so you stay logged in forever.

[Download Relypass Free For iPhone](#)