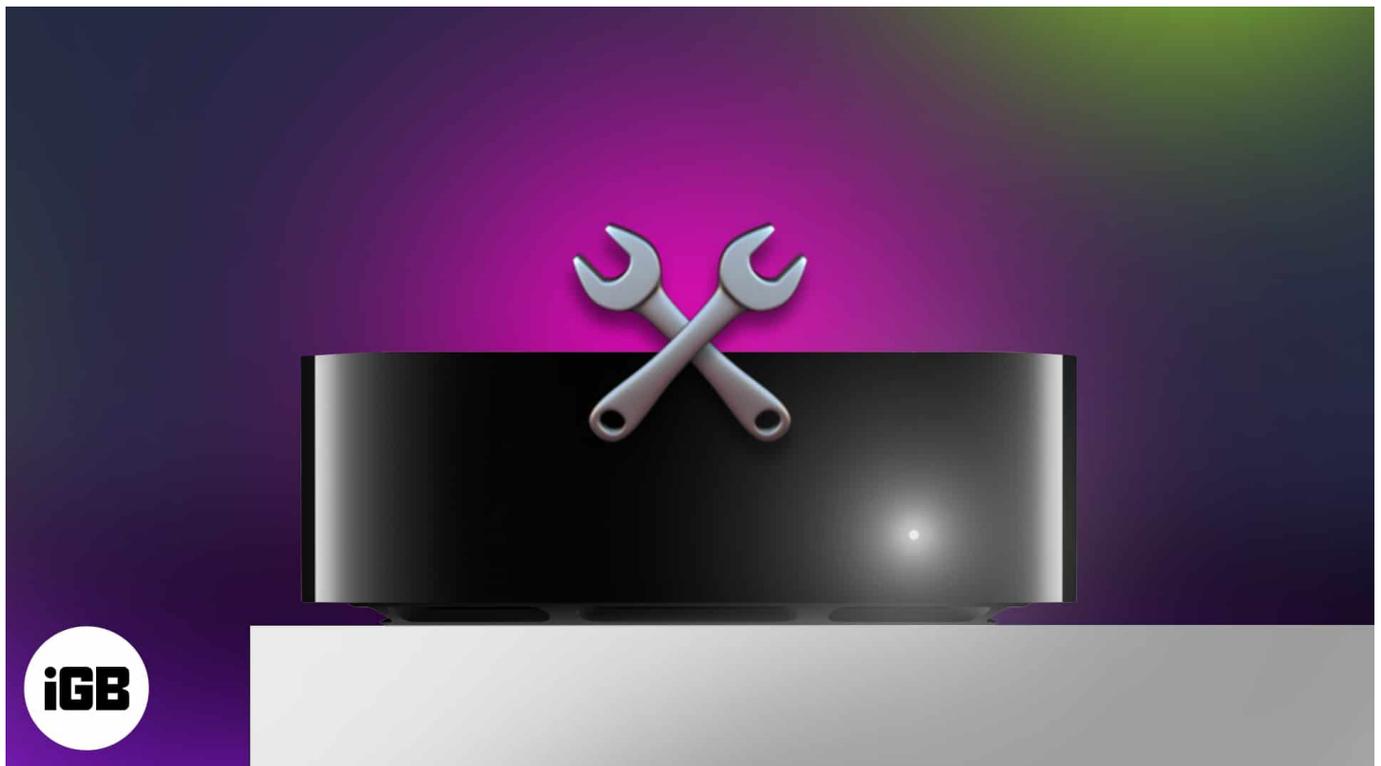You've got the popcorn, the drink, and the lights dimmed. You are ready for an evening of shows on Apple TV. Suddenly, you notice a blinking light on a black screen, and you're unable to turn on your Apple TV. What's going on?

In this article, I'll explain what the Apple TV blinking light means and how you can fix it.

- [What does the blinking light on the Apple TV indicate?](#)
- [2 Ways to fix the blinking light on Apple TV](#)

What does the blinking light on the Apple TV indicate?

Known as the Flashing White Light of Death, that blinking light on your Apple TV isn't just annoying but keeping you from watching your favorite shows. If you see that light, you would probably be unable to turn on the Apple TV at all and remain stuck with a black screen.

Most times, the blinking light is the result of a failed firmware update. This could be because of an unsuccessful download of the update or a power glitch during installation.

Luckily, fixing this issue isn't difficult, and you'll be tuning into that awesome show or movie
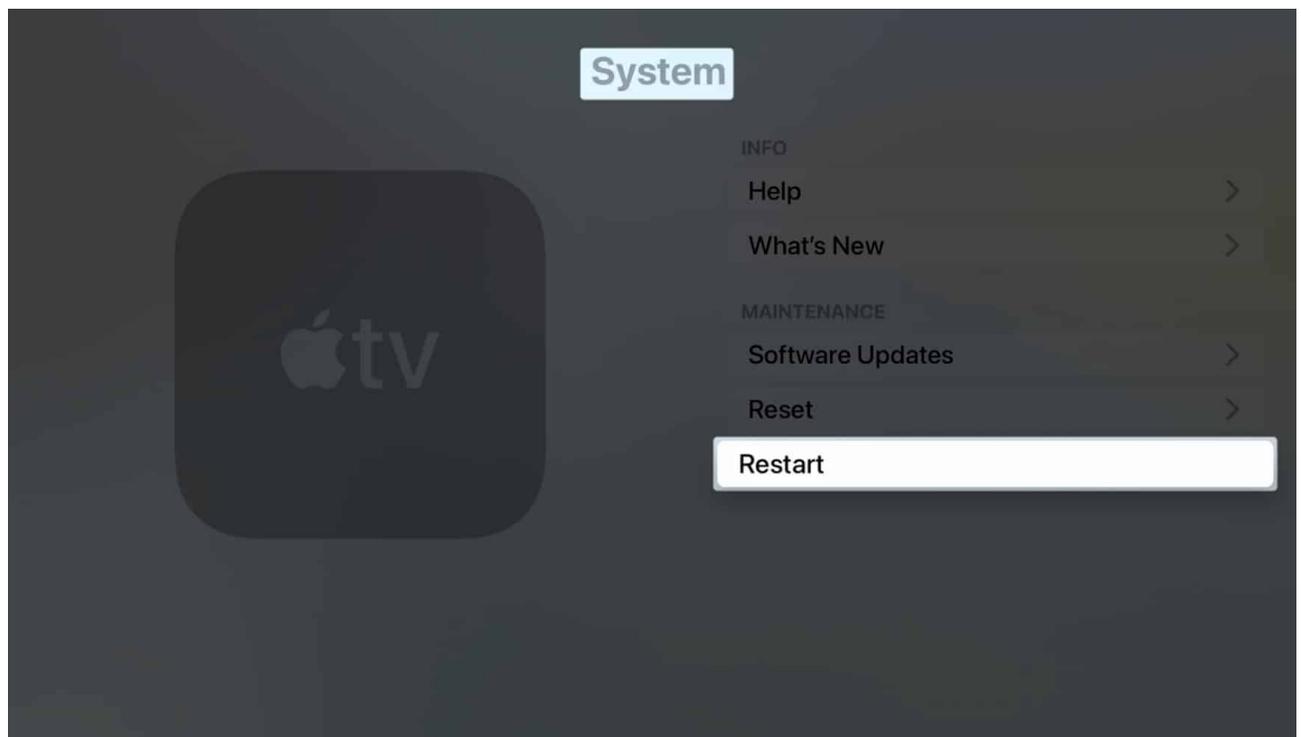
in no time.

2 Ways to fix the blinking light on Apple TV

In most cases, restarting your Apple TV will fix the blinking light issue. You can do a simple force restart of your Apple TV using your remote. If this doesn't work, you may need to restore your Apple TV using your computer. So, be sure you have your remote, computer, and necessary cables handy.

1. Force restart your Apple TV

You can force restart your device using your Apple TV remote in just a few steps.

1. Depending on the remote you own, hold the **Menu** and **TV** buttons
   or **Back** and **TV** buttons at the same time for at least five seconds. Then, release.
2. When you see the Apple TV LED light **flash**, unplug the device from the outlet.
3. Wait at least **5 seconds** and then **plug the device back in.**
4. After your Apple TV turns back on: Open the **Settings** → Go to **System** →
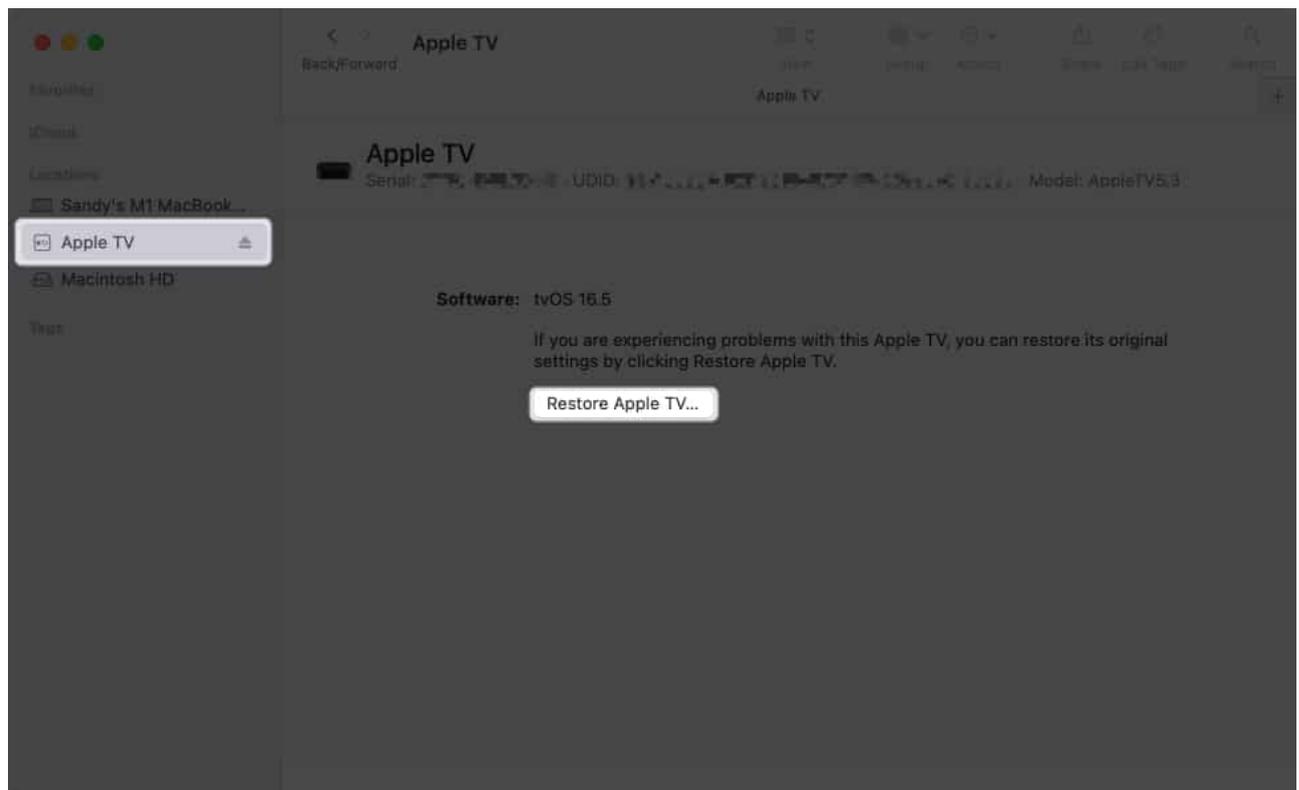   Select **Restart**.

2. Restore your Apple TV

If force restarting your Apple TV doesn't fix the issue, you may need to restore the device using Finder or iTunes, depending on your computer and operating system.

Note: You cannot do this manually if you have an Apple TV 4K. In such a case, contact Apple Support for assistance.

1. **Disconnect the HDMI cable** from your Apple TV.
2. Then, **connect the Apple TV to your computer** using a micro-USB or USB-C cable, depending on your device model.
3. On macOS Catalina or later, open **Finder**. On earlier versions of macOS or Windows, open **iTunes**.
4. Select your **Apple TV** in the navigation → Choose **Restore Apple TV**. Then, follow the onscreen prompts to complete the process.

5. Once complete, eject and disconnect your Apple TV from your computer and reconnect the HDMI cable.

Get your Apple TV back!

The Flashing White Light of Death on Apple TV is scary but fixable. If you continue to have issues or different problems with your Apple TV, contact Apple Support for further assistance.

For more, look at our big list of [Apple TV tips and hidden features](#).

Read more:

- [Upcoming Apple TV+ shows and movies](#)
- [Best Apple TV 4K Accessories](#)
- [How to subscribe to Apple TV channels in Apple TV app](#)