# igeeksbl<sup>\_</sup>G

Knowing the internet speed is important as it lets you approximately figure out how much time it will take to download a file or an app. In this guide, I will tell you how to see your internet download and upload speed on Mac. We will start with the easiest method. After that, I will also show you some additional ways to know information about the network you are connected to.



Sometimes knowing Wi-Fi speed on Mac is also handy as it tells you that the wireless network is working or not. For example, in the first method below, if you are downloading something and the speed shows 0Kbps for long, you instantly come to know that something is not working correctly.

# How to Check Download and Upload Speed of Internet or Wi-Fi on Mac

#### **Quick Access:**

- How to Continuously See Internet/Wi-Fi Speed with Bandwidth+
- <u>Check Download and Upload Speed on Mac Using Activity Monitor</u>
- How to Know Link Speed on your Mac

- Check Wi-Fi Information from Menu Bar on Mac
- How to Know Wi-Fi Transmit Rate Using System Report

#### How to Continuously See Internet/Wi-Fi Speed with Bandwidth+

**Step #1.** Launch **App Store** on your Mac and download <u>Bandwidth+</u>. It is a free app.

**Step #2.** Open the app. By default, it shows the total amount of data uploaded and downloaded.



**Step #3.** From the top menu bar, click on the app. Now take your pointer on the **Settings** icon and select **Preferences...** 



**Step #4.** Here select <u>Speed (bits/second)</u>.





**Step #5.** Open a browser and visit a site or do anything on your Mac that requires data to be downloaded or uploaded. You will see your internet speed in the menu bar. Download speed will have a downward-facing arrow and upload speed will have an upward-facing arrow shown before Kbps.

That's it!

The app will show speeds for any <u>Wi-Fi you are connected to</u>, or Mobile Hotspot, Ethernet, iPhone USB, etc.

**Bandwidth+** also has an additional feature that lets you set a monthly quota for a network. It is handy if you are on a limited plan.

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There are additional ways to see the speed of your Wi-Fi or Ethernet connection. Now, before you read, I should let you know that the above method is the one I prefer. But there is no harm in knowing more than one way to do a thing. Right. Let us begin.

#### How to Check Download and Upload Speed on Mac Using Activity Monitor

Step #1. Launch Activity Monitor from Applications. You will find it under Utilities or
Other folder. You may also launch Spotlight Search by pressing Command(%) + Space
Bar and type 'Activity Monitor.'







Step #2. Click on Network.

0	•	Activ	ity Monitor (My	Process	ies					
0	0 * -	CPU Men	ory Energy	Disk	Network		Q S			
	Process Name		% C	PU 4	CPD-Time	Threads	Idle Wake-Ups	% GPU	GPU Time	+ 8
	Activity Monitor			23.3	2.72	11	8	0.0	0.00	19
	deleted			10.9	1:07.16	23	0	0.0	0.00	
۲	ReadyCLOUD			2.6	1:20.82	19	11	0.0	0.00	1
10	Slack			2.0	1:04.45	33	2	0.0	0.00	
	MusicCacheExtension			1.1	0.07	-4	0	0.0	0.00	19
	pkd			1111	5.04	3	0	0.0	0.00	
	TVCacheExtension			1.0	0.06	- 4	0	0.0	0.00	19
	CacheDeleteExtension			0.9	0.11	6	0	0.0	0.00	19
	IDECacheDeleteAppExtension			0.8	0.79	10	0	0.0	0.00	19
	bird			0,5	6.83	7	0	0.0	0.00	
	nsurfsessiond			0.5	57.41	5	1	0.0	0.00	
	cfprefsd			0.4	1.26	3	0	0.0	0.00	8
h	Bandwidth+			0.4	42.28	4	0	0.0	0.00	33
	AMPArtworkAgent			0.3	0.16	343	0	0.0	0.00	
	AMPLibraryAgent			0.2	1.65	7	1	0.0	0.00	
	fileproviderd			0.2	1.03	3	O	0.0	0.00	
0	CopyClip			0.2	52.25	5	6	0.0	0.00	
	diagnostics_agent			0.2	0.66	3	0	0.0	0.00	
	replayd			0.1	0.23	3	0	0.0	0.00	
	com.apple.guicklook.ThumbnailsAgent			0.1	1.18	4	0	0.0	0.00	
14	loginwindow			0.1	5.13	3	0	0.0	0.00	
	distnoted			0.1	4:42	2	0	0.0	0.00	
	Dock			0,1	18,35	4	0	0.0	0.00	
	UserEventAgent			0.1	21.56	3	0	0.0	0.00	
	storedownloadd			0.1	0.75	3	0	0.0	0.00	
	System:	3.59%	CPU LOAD		Threads	i t	1,675			
	User	8,21%			Process	011:	391			
	Lefter:	00.20%				321				
	Kares.	34.2019			٨					

**Step #3.** At the bottom right, you will see **Data received/sec**, which is your download speed. Below it, you have **Data sent/sec**, which is your upload speed.

0 8	0						Activity M	lonitor (My	Process	ies)					
0	0	-	•			CPU	Memory	Energy	Disk	Network		Q			
					Process Nam	10					Sent Bytes 🗟	Rovd Bytes	Sent Packets	Rovd Packets	4.8
	Google	Chr	ome Help	er							254 KB	261 KB	2,364	2,299	
	Slack										48 KB	93 KB	795	657	
	rapport	td									35 KB	53 KB	165	360	
	identity	ysen	licesd								9 KB	7 KB	34	34	
124	PowerC	Chim	е								644 bytes	634 bytes	11	16	
	coresp	eech	id.								499 bytes	547 bytes	6	-11	
16	System	UIS	RVer								176 bytes	0 bytes	44	0	
	com.ap	pple.	siri.Clienti	Flow.ClientScripter							0 bytes	0 bytes	0	0	
	comme	arce									0 bytes	0 bytes	0	0	
	IMRem	oteU	RLConne	ctionAgent							0 bytes	0 bytes	0	0	
	Cloud	User	Notificatio	ansd							0 bytes	Q bytes	0	0	
	storead	ccou	ntd								0 bytes	0 bytes	0	0	
	mapspo	ushd									0 bytes	0 bytes	0	0	
	pkd										0 bytes	0 bytes	0	0	
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	QuickL	.ookl	<b>JIService</b>	(Spotlight)							O bytes	0 bytes	0	0	
	mdworl	ker_j	hared								0 bytes	0 bytes	0	0	15
	passd										0 bytes	0 bytes	0	0	
	deviced	child	kd:								0 bytes	0 bytes	0	0	
	com.ap	ople.	Safari,His	tory							0 bytes	0 bytes	0	0	
	Contex	tSer	vice								0 bytes	0 bytes	0	0	
14	CoreLo	catio	mAgent								0 bytes	0 bytes	0	0	
	knowla	doe.	trone								O hytes	G.hytes		0	
				Packets in:	3,92	6,580		PACKETS	0	Datar	eceived:	4.75 GB			
				Packets out	7,88	0,018				Datas	ent:	3.00 GB			
				Packets in/s	ect	8				Data	eceived/sec:	3.02 KB			
				Packets out	sec:	7				Data t	ent/sec:	2.61 KB			

#### How to Know Link Speed on your Mac

Step #1. Open Spotlight Search. To do this, click on the search icon from the top right of
menu bar or press together Command(%) + Space Bar.



**Step #2.** Type **Network Utility** and launch the app.

Q Network Utility	
TOP HIT	
Network	
APPLICATIONS	
Wetwork Utility	
🧓 Messages	
💽 FaceTime	
SYSTEM PREFERENCES	
Network	
Lisers & Groups	Network Utility
Security & Privacy	Version: 1.9.2
Language & Region	
BOOKMARKS & HISTORY	
List of mobile network operators - W	Kind Application
Best Mother's Day Apps for iPhone a	Size 1.6 MB Created 09/11/19
🥝 Online Court, Online Case - Digital T	Modified 09/11/19
Ø Download Windows 10 Disc Image (I	Last opened 03/02/20

**Step #3.** Ensure that under **Select a network interface for information**, Wi-Fi or whatever you are using like Ethernet, Thunderbolt, FireWire, iPhone USB, etc. is selected.



Step #4. The Link Speed is shown below it.

Info Netstat Ping Lookup Traceroute Whois Finger Port Scan   Select a network interface for information.   Wi-Fi (en0)   Interface Information   Interface Information   Hardware Address:   a4:83:e7:a4:ed:83   IP Address:   192.168.1.31   Link Speed:   273.78 Mbit/s   Link Status:   Active   Vendor:   Apple   Model:   Wireless Network Adapter   (802.11 a/b/g/n/ac)		Netwo	ork Utility			
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Wi-Fi (en0)Transfer StatisticsInterface InformationTransfer StatisticsHardware Address: a4:83:e7:a4:ed:83Sent Packets: 78,44,057IP Address: 192.168.1.31Send Errors: 3,034Link Speed: 273.78 Mbit/sRecv Packets: 38,48,278Link Status: ActiveRecv Errors: 0Vendor: AppleCollisions: 0Model: Wireless Network Adapter (802.11 a/b/g/n/ac)Collisions: 0	elect a network interfa	ce for information.				
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Link Status: Active       Recv Errors: 0         Vendor: Apple       Collisions: 0         Model: Wireless Network Adapter (802.11 a/b/g/n/ac)       Collision (802.11 a/b/g/n/ac)	Link Speed:	273.78 Mbit/s	F	ecv Packe	ts: 38,48	,278
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Model: Wireless Network Adapter (802.11 a/b/g/n/ac)	Vendor:	Apple		Collisior	ns: 0	
	Model:	Wireless Network Adapt (802.11 a/b/g/n/ac)	ter			

#### **Check Wi-Fi Information from Menu Bar on Mac**

**Step #1.** First, **press and hold the Option (and alt) key** and **click on the Wi-Fi icon** from the menu bar.

**Step #2.** You will see several essential information. **Tx Rate** you see there is your **transmission speed**.



#### How to Know Wi-Fi Transmit Rate Using System Report

**Step #1.** Click on the **Apple Logo(**) from top left and then click **About This Mac**.



Step #2. Here click on System Report...



**Step #3.** Under **Network**, you will see **Wi-Fi.** Click on it. There are a plethora of options here. One of them is the **Transmit Rate** of your Wi-Fi.

	MacBook Pro
Disc Burning	en0:
Ethernet Cards	Card Type: AirPort Extreme
Fibre Channel	Firmware Version: wl0: Oct 16 2019 15:44:55 version 16.25.2.0.3.6.69 FWID 01-f18274a4
FireWire	MAC Address: a4:83:e7:a4:ed:83
Graphics/Displays	Locale: ETSI
Memory Memory	Country Code: IN
Memory	Supported PHY Modes: 802.11 a/b/g/n/ac
NVMExpress	Supported Channels: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 36, 40, 44, 48, 52, 56, 60, 54,
PCI	100, 104, 108, 112, 116, 120, 124, 128, 132, 136, 140, 144, 149, 153, 157, 157, 158, 159, 159, 159, 159, 159, 159, 159, 159
Parallel SCSI	107, 101, 105 Wake On Wireless: Supported
Power	AirDron Supported
Printers	AirDrop Channel: 149
242	Auto Unlock: Supported
SATA/SATA Express	Status: Connected
SATA/SATA Express	Current Network Information:
SPI	iGeeks_Media_5G:
Storage	PHY Mode: 802.11ac
Thunderbolt	BSSID: 74:da:88:64:c7:cf
USB	Channel: 44
▼ Network	
Firewall	Network Type: Initastructure
Locations	Signal/Noise -41 dBm / -88 dBm
Nelverse	Transmit Rate: 866
volumes	MCS Index: 9
WWAN	Other Local Wi-Fi Networks:
Wi-Fi	Cert-enroll:
▼ Software	PHY Mode: 802.11n
Accessibility	BSSID: d4:6d:50:ff:86:b2
Applications	Channel: 11
Developer	Country Code: IN
Disabled Software	Network Type: Infrastructure
Extensions	Signal (Noise) - 77 dBm / -94 dBm
Extensions	Direct-524AFF3:
Fonts	DLIV Mode: 002 11p
💻 iGB Touch Bar MBP > Net	twork > Wi-Fi

#### Signing off...

So these were some of the ways to know your internet speed on Mac. Now you might feel that the first method is the easiest and the best. I agree with you.

Do you know of any other method besides this? I am familiar with a technique involving Terminal, but I did not mention it here as it is not very convenient. If you have some other trick to see Wi-Fi speeds on Mac, share that with us in the comment section below.

#### You may like to take a look at...

- <u>17 Mac Settings You Should Change Right Now!</u>
- <u>How to Fix Google Chrome Crashing Issues in macOS</u>
- MacBook connects to Wi-Fi but has no Internet? 12 Fixes