Is it a Security Risk to Leave Devices Turned On Overnight?

Overwhelmingly no, but not quite perfectly no.

With the exception of text messages (and notifications), your device will not receive data unless your device specifically asks for it. Your email messages are delivered to you because your email app asks that they be sent. If the app is not running, no request is made, and they remain stored at your provider's server. Your game apps will not receive data unless they are running, nor will anything else.

Text messages (and notifications) are a bit different. Your cell phone provider will relay a message to your phone as soon as it is received from the sender. There are safeguards built in to these features so that a program (desired or not) will not load and run until the user specifically indicates that they want it to load and run. FOR THAT REASON, DO NOT CLICK A LINK IN A TEXT, EMAIL, OR APP UNLESS YOU **TRUST** IT AND YOU ARE COMFORTABLE WITH WHAT WILL HAPPEN NEXT !!!!!

If a device is turned on and there are no apps currently running, a bunch of malware isn't going to show up on your device. That being said, if you leave your favorite game running while you are having your sweet dreams, your favorite game is going to do what it is allowed to do, over that period of time. If it loads an advertisement every 90 seconds, and you sleep for 8 hours . . . well . . . do the math. The only other hazard is, for example, you accidently downloaded malware, and then left your device running overnight. The malware might do more damage overnight, but even if you had turned your device off, the malware is still there, waiting for you to turn the device on again.

Basically, malware problems happen for only two reasons, the software already running on the device requests it, or the user does. Your device is virtually immune from an attack that was not invited in some manner.

Yes, you definitely should turn your devices off and then back on, periodically. This will often help reduce stuff in its memory that serves to slow it down.

Keep in mind that one of the most important features of a cell phone is its usefulness as an emergency communications device. If it's turned off and needs 4 minutes to start when you power it on, it is not being much of an emergency communications device during that time, which may be a critical need while you are waiting.

Always!!! Practice data safety. Do not open links that you don't trust, or load software that you don't need or you don't trust. Safeguard your personal information! If you have a question, ask it! Call your bank and ask them whether they sent you that email. Does the information you're being asked to provide sound reasonable for the task at hand? Almost always, malware attacks don't happen by themselves, just because a device was left on overnight.

Power consumption? Yes, every device uses at least a little power when it is running, but idle. It is generally, but not always, a very small amount. That's a judgement call you need to make for yourself based upon the needs you have.

What does Terry do? I leave my phone and tablet running 24/7 and restart them about once a week, or when they seem to be sluggish. I turn my laptop off when I am not using it. I leave my desktop setup running all of the time. Everything running on my home setup have sleep modes, and they don't use much electricity when I am not actively using them. My computer receives software updates two or three times per week, and some will require computer restarts. That's usually often enough to keep it running well. Yes, a text message alarm sometimes wakes me up in the middle of the night (gee thanks, Walmart), but I accept the trade-off for 24/7 comunication.