How to Calibrate iBook and MacBook Batteries
You have to fully charge and then discharge your battery only once to calibrate it.

iBooks and PowerBook G4s

1. Plug the power adapter in and fully charge your computer's battery until the battery indicator lights turn off and the adapter plug light goes from amber to green, which indicates that the battery is fully charged.

2. Disconnect the power adapter and use your iBook or PowerBook. When your battery gets low, you will see the low battery warning dialog on the screen. Continue to use your computer until it goes to sleep. At that point the battery has been sufficiently drained for calibration.

3. Connect the power adapter and leave it connected until the battery is fully charged again.

Tip: When the battery reaches "empty", the computer is forced into sleep mode. The battery actually holds a reserve beyond "empty", to maintain the computer in sleep for a period of time. Once the battery is truly exhausted, the computer is forced to shut down. At this point, any open files could be lost. Therefore, it is important that you find an electrical outlet and connect the adapter before the forced shutdown occurs.
PowerBook G4 (15-inch Double-Layer SD), MacBook (all models), MacBook Pro (all models), and MacBook Pro (17-inch) (all models)

The battery calibration for the PowerBook G4 (15-inch Double-Layer SD) and any model of MacBook or MacBook Pro has been updated because of a new battery. With these computers, follow these steps to calibrate your battery:

1. Plug in the power adapter and fully charge your PowerBook's battery until the light ring or LED on the power adapter plug changes to green and the onscreen meter in the menu bar indicates that the battery is fully charged.

2. Allow the battery to rest in the fully charged state for at least two hours. You may use your computer during this time as long as the adapter is plugged in.

3. Disconnect the power adapter while the computer still on and start running the computer off battery power. You may use your computer during this time. When your battery gets low, the low battery warning dialog appears on the screen.

4. At this point, save your work. Continue to use your computer; when the battery gets very low, the computer will automatically go to sleep.

5. Turn off the computer or allow it to sleep for five hours or more.

6. Connect the power adapter and leave it connected until the battery is fully charged again.

Tip: When the battery reaches "empty", the computer is forced into sleep mode. The battery actually keeps back a reserve beyond "empty", to maintain the computer in sleep for a period of time. Once the battery is truly exhausted, the computer is forced to shut down. At this point, with the safe sleep function introduced in the PowerBook G4 (15-inch Double-Layer SD) computers, the computer's memory contents have been saved to the hard drive. When power is restored, the computer returns itself to its pre-sleep state using the safe sleep image on the hard drive.