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nountie

M3 Pro vs M4 Pro - Ergonomics battle

Discussion

I'm considering buying the 14-inch M3 Pro (11 cores) instead of the M4 Pro (12 cores). Apparently, the M4 Pro heats up more easily, consumes more power, and the fans kick in much more readily.

<https://www.notebookcheck.net/Apple-MacBook-Pro-14-2024-review-The-M4-Pro-and-matte-display-are-massive-upgrades.914597.0.html>

<https://www.notebookcheck.net/Apple-MacBook-Pro-14-2023-M3-Pro-review-Improved-runtimes-and-better-performance.779538.0.html>

There's a 5–6 degree Celsius difference in chassis temperature under heavy load—that's a huge difference! And from what we've read, you could play games on the M3 Pro (like The Witcher 3) with the fans remaining pretty much silent. As far as I know, that's not possible on the M4 Pro.

However, not many YouTubers pay much attention to those highlights. They mention that it's louder or slightly

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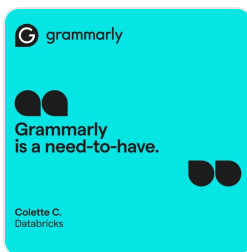
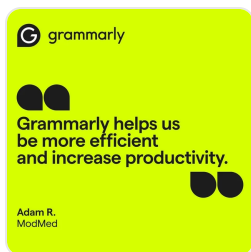
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because the fans are *not* running hard enough under very heavy load.

By comparison, I could hear my MBP going just by turning the thing on. The problem space is largely in your head because you bought a generational lemon just like I did.

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Eddy_Moon • 4mo ago

I too have this lemon, and use it daily.

Reading posts complaining about the M series makes me feel like a mole person living underground and watching the above ground people complain about food when we don't even have any food down here.

We're hungry sir.

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drdaz • 4mo ago

You speak the truth.

OP should understand that these 2 things are just not the same. After that machine, *any* AS laptop will feel like unfathomably advanced alien technology.

Source: 2019 15 inch i9 survivor

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iiiiioo • 4mo ago

You're overthinking it.

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PrizeAway268 • 4mo ago

IMHO, you're overthinking it. I'm running an M4 Pro 24gb 1TB. The fans haven't kicked on once and I have been using Final Cut Pro. My 2019 MBP i9 ran the fans almost continuously.

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d3vtec • 4mo ago

This has been Apples plan since they started planning the M chips:

- innovate mobile processing (Intel failed at this)
- over time refine and squeeze performance out of their proprietary chipset while also remaining competitive as a mobile chipset (battery + speed)

Looking at core counts and performance gains over the M generation, I think apple has found a great balance. Intel never came close to this level of optimization.

My hop from Intel to M series was the i9 to M1 Max. Battery performance alone had me hooked. Seeing more heat over the M series generations while maintaining battery performance is all a part of pushing the limits.

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[deleted] • 4mo ago

I got the M4 pro 16, 48gb and run heavy audio sessions in logic. A ton of processing on many channels and I don't think I've ever heard the fans kick in?

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setya5785 • 4mo ago

So, i'm currently using binned m3 pro. Never see fan kicked in during my daily usage, even when running a whole windows 11 arm vm for development (i mainly use visual studio to develop .net core) and during build.

I'm not even sure i heard fan noise during gaming (either native or crossover), but maybe because the game audio is louder.

Anyway, those results you linked are bench and stress testing meant to max the device. On real usage, they won't be nearing that number, atleast not continuously.

M4 pro is tempting from performance point of view, but my m3 pro already gave me more than enough performance. Not looking for an upgrade in near future. But sure, if i'm planning on buying a new one (did not have my m3 pro) and it's within my budget, might as well go for the latest model. Unless you want to save some money.

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I just played Baldur's Gate 3 at 4K Ultra, *in class*, on my M4 Pro.

It was dead silent.

The only time I've heard the fans is using LLMs, which is an extremely intense use case - and my desktop computer is 4x louder doing the same thing.

Temperature is not a good judge. Older processors couldn't even go above 70C and yet all modern ones target 100C. The M4 Pro might just have higher limits than the M3 Pro, not necessarily a bad thing.

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M3 Pro vs M4 Pro amazing deals!!

28 upvotes · 22 comments



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M4 versus M4 Pro

38 upvotes · 43 comments



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Is there a massive difference between M3 Pro and M4 Pro (base models)?

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M4 Pro is a BEAST...



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MacBook Pro M4 or M3 Pro?

7 upvotes · 18 comments



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Upgraded to M3 Pro



199 upvotes · 19 comments



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Finally joined the club with a m3 pro

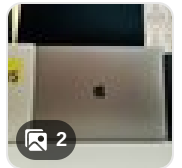


319 upvotes · 15 comments



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Finally upgraded to M4 Pro



59 upvotes · 9 comments



r/macbookpro • 5 mo. ago

New M4 Pro



158 upvotes · 27 comments

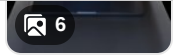


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I just got my M4Pro



178 upvotes · 10 comments

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490 upvotes · 64 comments



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Picked up an M4 Pro



36 upvotes · 11 comments



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My New M4 Pro

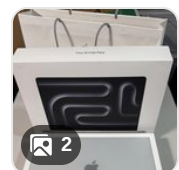


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Finally upgraded after 12 years to M4 Pro!



626 upvotes · 49 comments



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Macbook M4 vs M4 Pro

8 upvotes · 8 comments



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Any real reason to go from a M2 Pro to a M3 Pro?

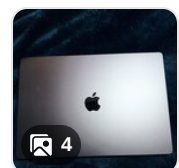


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Loving my upgrade from M1 Pro to M4 Pro

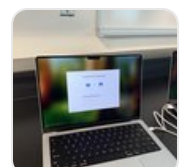


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Got myself an M1 Pro!



302 upvotes · 15 comments



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15 comments



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Upgraded from M1 Pro!

129 upvotes · 30 comments





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M4 or M4 Pro

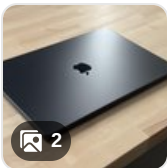
8 upvotes · 7 comments



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M1 to M4 Pro

356 upvotes · 37 comments





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New M4 pro!

618 upvotes · 67 comments

