Check Bandwidth Usage in cPanel: Reading the Page and Cutting Usage

cPanel Guides · https://www.hyyat.com/en/knowledgebase/check-bandwidth-usage-cpanel/

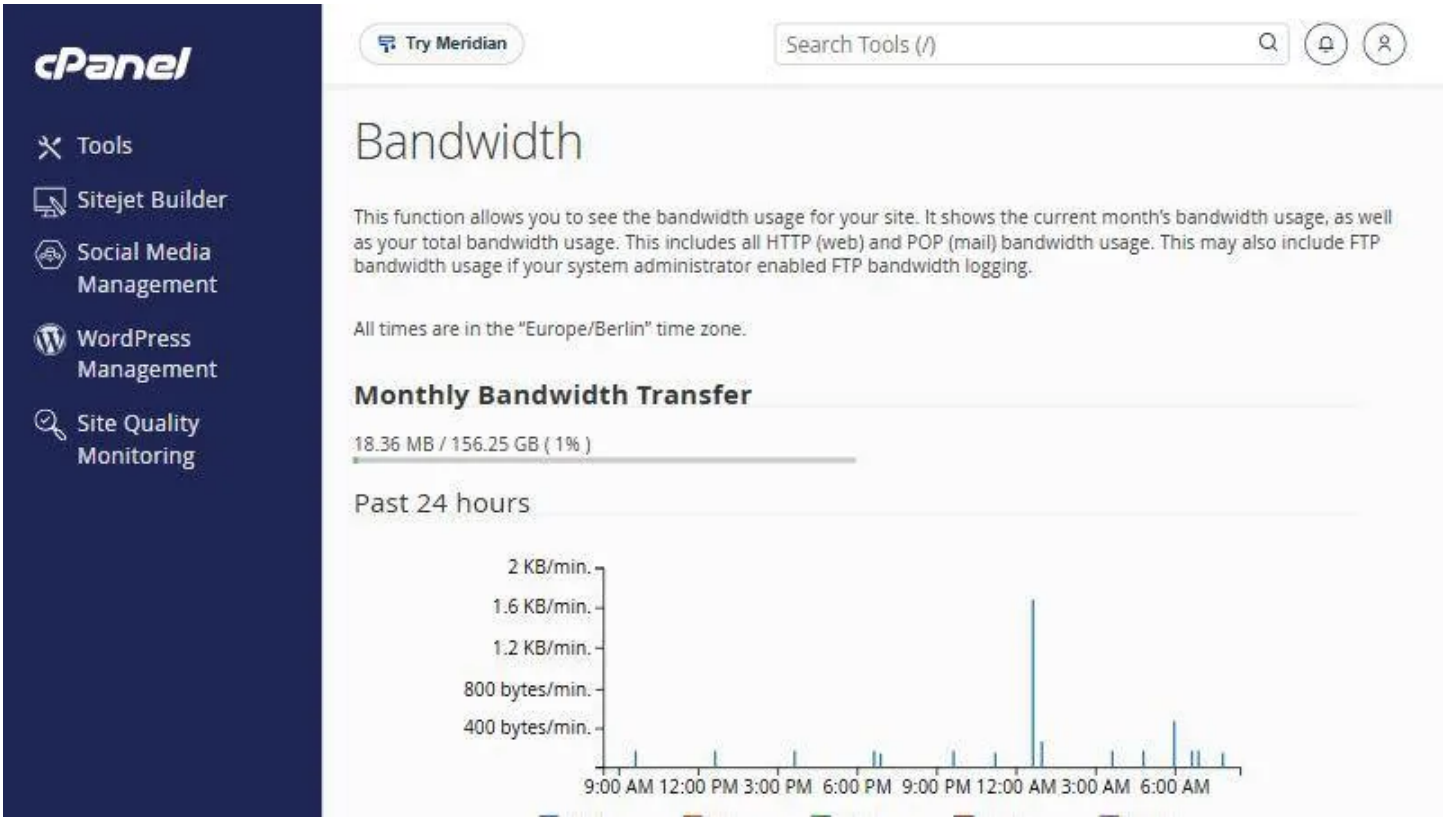
In short Open **Bandwidth** in the Metrics section. You see graphs for today, this week and this year, split between the website, email and FTP. Your monthly total against your plan limit is in the statistics panel on the cPanel home page.

Embedded media: https://www.hyyat.com/wp-content/uploads/2026/11/hyyat-cpanel-bandwidth-en.mp4?_=1

Bandwidth is the total data leaving and entering your hosting: every page a visitor opens, every image and every email with its attachments. If the idea is new to you, start with what bandwidth is.

Where are the numbers?

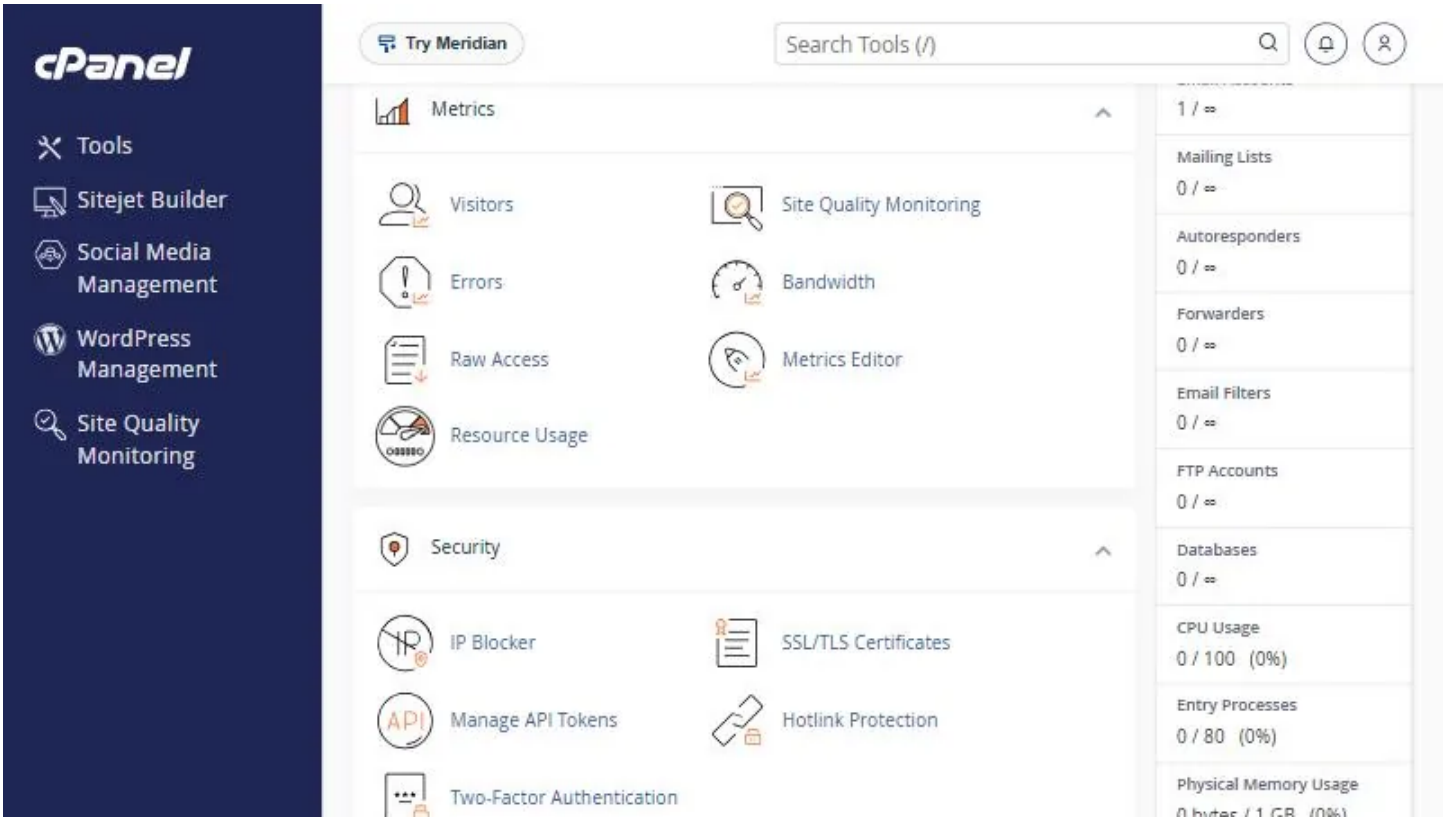
1. **Open cPanel** and scroll to the Metrics section.
2. **Click Bandwidth** the graphs page opens.
3. **Pick the period** the graphs are split into day, week and year.



Reading the page

Item	What it tells you
HTTP	Website traffic: pages, images and files visitors download
IMAP and POP3	Mail downloaded to phones and mail apps
SMTP	Mail sent and received
FTP	Files uploaded and downloaded with FTP clients
The year by month	Whether usage is steady or climbing month after month

A sudden jump on one day usually means an ad campaign, a large file whose link spread, or crawlers pulling the site.



Cutting usage

- **Compress images:** convert them to WebP and resize before uploading; images are the biggest consumer on most sites.
- **Cache and CDN:** a service such as Cloudflare serves static files from its own servers, so they do not count against your hosting.
- **Large files:** put video on YouTube and big downloads on a storage service, and link to them.
- **Non-human visitors:** check latest visitors to see whether crawlers are draining your site.
- **Email:** large attachments sent to long lists eat SMTP quickly.

If your site is suspended for going over the monthly limit, contact support to raise it or upgrade your plan. Bandwidth is different from resource limits such as CPU and memory, which you find in Resource Usage.

Frequently asked questions

Is bandwidth the same as disk space?

No. Disk space is what you store; bandwidth is what moves in and out.

When does the bandwidth counter reset?

At the start of each month.

Why does it differ from tools such as Google Analytics?

Bandwidth counts all data, including crawlers, email and FTP, not just human visits.

Does Cloudflare really reduce bandwidth?

Yes, for the static files it caches, such as images, CSS and JS.

Related guides

- How to View Your Latest Website Visitors in cPanel
- How to Monitor Your Website Resource Usage in cPanel
- What is bandwidth or traffic?
- Track Website Errors and Logs in cPanel: the Errors and Raw Access Tools
- Statistics and the Metrics Section in cPanel: Track Disk Space, Bandwidth, Errors and Resources

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