

Apple iOS 26 Flat Pill Style Toggle CSS

Drop?in CSS + minimal HTML. No JS required.

I couldn't find a clean "new Apple toggle" CSS anywhere, so I designed a longer, flatter switch. It's reusable—drop this in your CSS and markup. It's not perfect, I'll admit that, but it's pretty close.

This is a longer, flatter take on the classic iOS switch—what I'm calling the iOS 26 flat pill. It uses CSS variables so you can quickly tweak size, colors, and handle ratio. The adjacent text label cross?fades between two states using only CSS.

Demo

Here's where you can see a demo of how the code I have here works.

[Launch Demo](#)

The CSS

Paste this into your stylesheet. Tweak the variables at the top to fit your UI.

Copy

```
/* Apple iOS 26 Flat Pill Toggle - TonyHerman.com */
:root{
  /* Geometry */
  --switch-w: 64px;      /* track width */
  --switch-h: 25px;     /* track height */
  --pad-x: 2px;         /* left/right inset for handle */
  --pad-y: 4px;         /* top/bottom inset for handle */
  --handle-w: 35px;     /* handle width (?60-65% of track) */
  --handle-h: 17px;     /* should equal switch-h - 2*pad-y */
  --tx: calc(var(--switch-w) - var(--handle-w) - (var(--pad-x) * 2)); /* travel */

  /* Colors */
  --on: #34C759;        /* iOS green */
  --off: #929197;       /* Medium gray (off state) */
  --hair:#929197;       /* hairline on track */

  /* Motion */
  --ease: cubic-bezier(.2,.6,.2,1);
  --dur: .16s;
}

.switch{ display:inline-flex; align-items:center; }
.switch-input{ position:absolute; opacity:0; width:0; height:0; }

.switch-label{
  position:relative;
  display:inline-block;
```

```

width:var(--switch-w);
height:var(--switch-h);
cursor:pointer;
vertical-align:middle;
}

/* Track */
.switch-label .switch-track{
  position:absolute;
  inset:0;
  border-radius:999px;
  background:var(--off);
  box-shadow: inset 0 0 0 1px var(--hair);
  transition: background-color var(--dur) var(--ease), box-shadow var(--dur) var(--ease);
}

/* Handle */
.switch-label .switch-handle{
  position:absolute;
  left:var(--pad-x);
  top:var(--pad-y);
  width:var(--handle-w);
  height:var(--handle-h);
  border-radius:999px;
  background:#fff;
  transition: transform var(--dur) var(--ease);
}

/* ON state */
.switch-input:checked + .switch-label .switch-track{
  background:var(--on);
  box-shadow: inset 0 0 0 1px color-mix(in srgb, var(--on) 60%, transparent);
}
.switch-input:checked + .switch-label .switch-handle{
  transform: translateX(var(--tx));
}

/* Keyboard focus */
.switch-input:focus-visible + .switch-label .switch-track{
  outline:2px solid color-mix(in srgb, var(--on) 35%, transparent);
  outline-offset:2px;
}

/* High-contrast/forced colors */
@media (forced-colors: active){
  .switch-label .switch-track{ forced-color-adjust:auto; }
}

```

The HTML:

Use a native checkbox with `role="switch"` so you get keyboard/touch and accessibility for free.

Copy

```

<div class="switch">
  <input type="checkbox" id="iosSwitch" class="switch-input" role="switch" aria-
label="Toggle">
  <label class="switch-label" for="iosSwitch">
    <span class="switch-track"></span>
    <span class="switch-handle"></span>

```

```
</label>
</div>
```

Quick tweaks

- **Make it longer/flatter:** set `--switch-w: 72px;` (try 72–80px). Keep `--handle-w` about 60–65% of track width.
- **Tighten the motion:** set `--dur: .12s;` or change `--ease`.
- **Color theme:** change `--on`, `--off`, and `--hair` to match your palette.

Example (wider):

Copy

```
:root{ --switch-w: 72px; --handle-w: 42px; }
```

Accessibility notes

- The native checkbox + `role="switch"` exposes the right semantics to AT.
- The handle/thumb is **purely visual**; state lives on the input.
- `:focus-visible` adds a clear but subtle outline for keyboard users.

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