

# When Should I Restart My Computer?

**GIVE THAT MACHINE A BREAK ALREADY!**

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## **A Daily Restart for Good Measure**

As you load and unload applications and files repeatedly, your computer may not free up memory for subsequent use. As you push hard through your day, your computer may overlap its use of video memory. As you work on your computer, you may experience some problems, some of which might be quite bizarre. What should you do? Save your files, close all programs, restart your computer and take a break while it reboots. When your computer comes back up, try to complete the task you were struggling with earlier to see if the problem has cleared up. If retracing your steps leads to the same error, it's time to troubleshoot. However, after a restart/reboot, bizarre problems typically disappear because restarting your computer dumps the memory and readies it to tackle the next task. It's a clean slate, just like an Etch-A-Sketch!

## **Shut Down and Restart Properly**

Please, please, PLEASE, do not hit the power button to turn off your computer. The side effects of simply hitting the power button make the problem (if you really had one) worse. Taking this short cut can damage or destroy files, damage your programs and even destroy your operating system which will hinder your ability to work and generate revenue. Simply go down to your menu and click Start - Shut Down / Restart instead. The computer will be able to go through the proper steps to shut down safely.

## **Problem Solving**

When your computer is experiencing abnormal issues such as locking up or being sluggish (and many others), it is a good troubleshooting step to restart your, and often this will fix the problem. "Never restart your computer" is an old wives tale - your computer is just like any other piece of technology you have. You wouldn't leave your car running in the garage or your TV on all day and all night, so give your computer and monitor a break!

If there is a real problem, you should be able to isolate it. In other words, it will happen again when you retrace your steps. This is the appropriate time to troubleshoot.

## **Restart at the End of the Day**

Why restart at the end of the day? On our business networks, we recommend our clients restart the computer at the end of the day. Restarting or shutting down requires all the users to close open files; now files are all available to be backed up. It also allows the computer to retrieve updates and run a virus scan without interrupting you, the user, if you have your system updates and virus scans scheduled to run at night.

## **Security**

Don't leave your computer unlocked when you leave your office. You might as well place your open file cabinet out front on the side walk with the drawers open. That's why we like the end-of-the-day restart... your computer comes back on locked, leaving your business information safe.