RESTARTING A COMPUTER

THE IMPORTANCE OF RESTARTING

Restarting your computer is key to maintaining the best performance and reliability possible from your computer.

When your computer restarts it:

- Allows any Windows updates downloaded to install
- Updates the antivirus database
- Flushes out any temporary system files

Never or rarely restarting your laptop can cause many (random) issues with your computer.

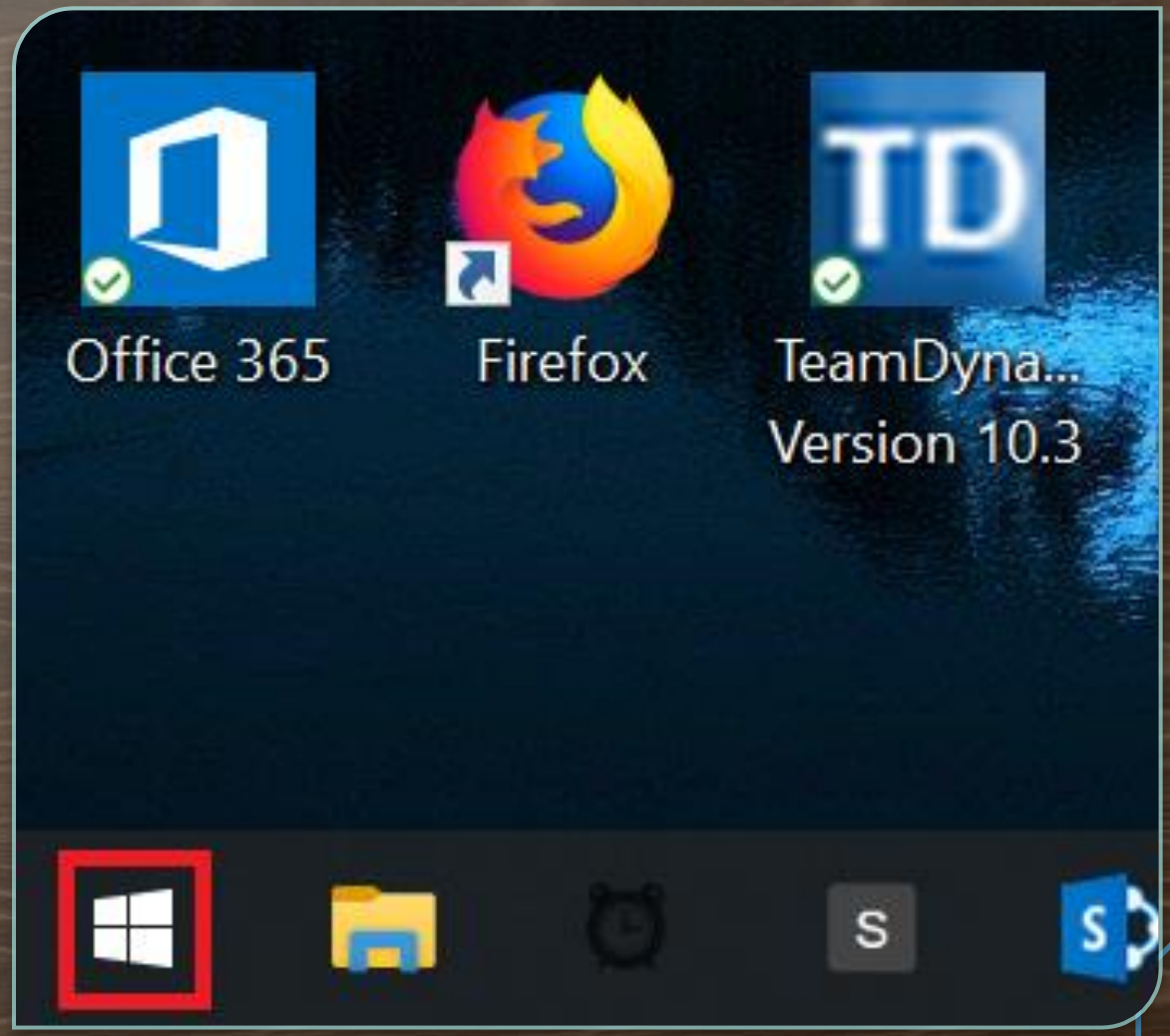
WHEN AND HOW OFTEN SHOULD I RESTART?

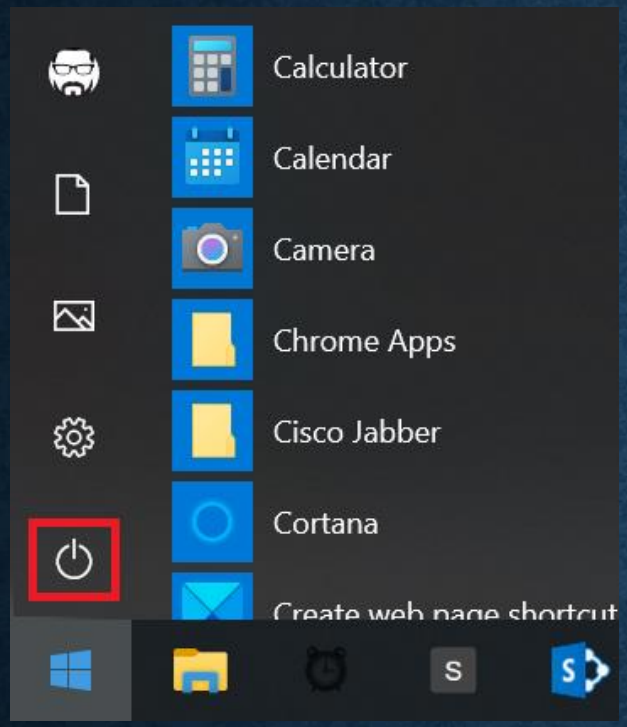
It is recommended to restart (not just shut down or put the computer to sleep):

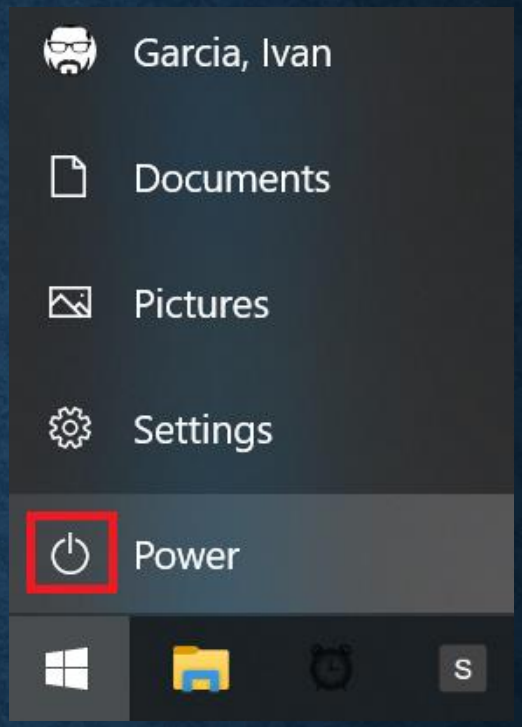
- At least once a week after you have finished your work for the day.
- As one of the first steps in troubleshooting
- After installing or uninstalling software and/or drivers

HOW TO RESTART

Locate and click on the (Start Menu) located in the lower left portion of your screen (by default) or press the key in the lower left of your keyboard.



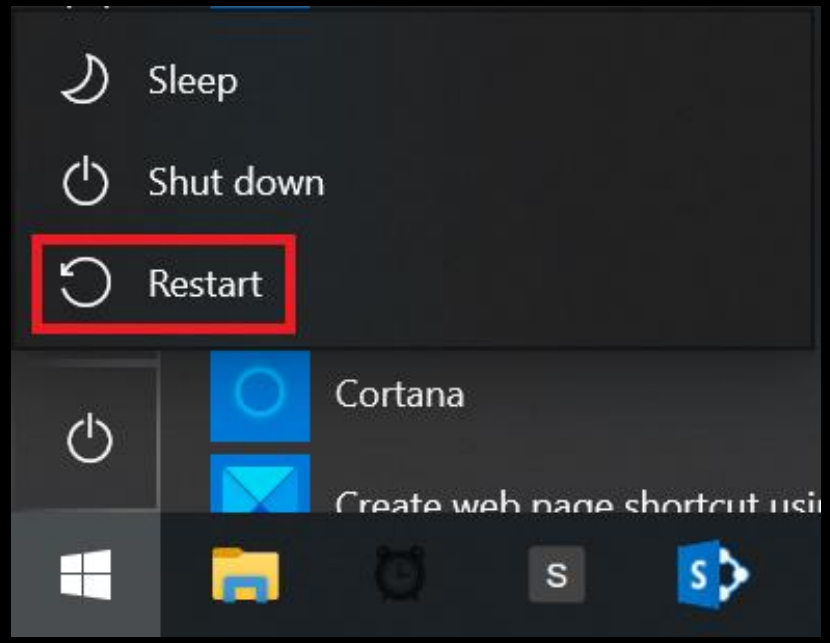


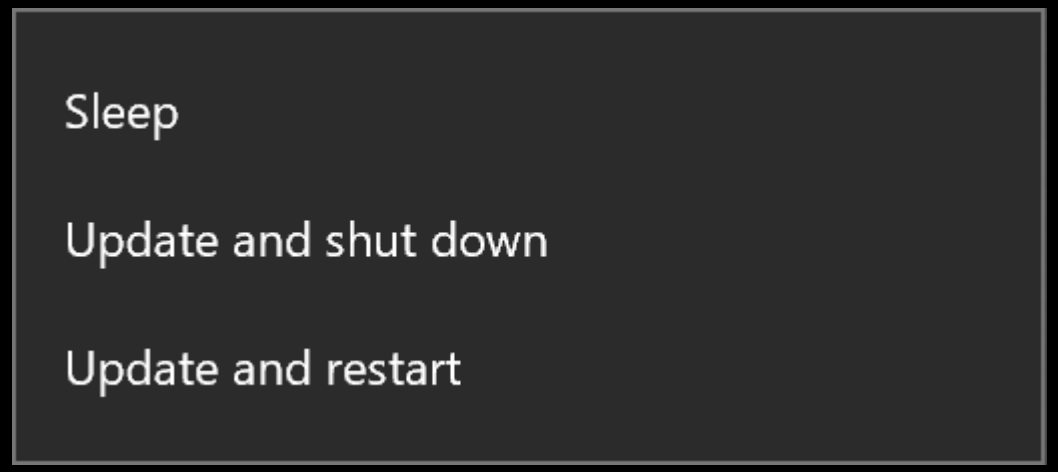


- The Start Menu will expand displaying the Power button (in red)
- Select the Power button

NOTE: Hovering over the buttons will cause the buttons to expand and display the button functions

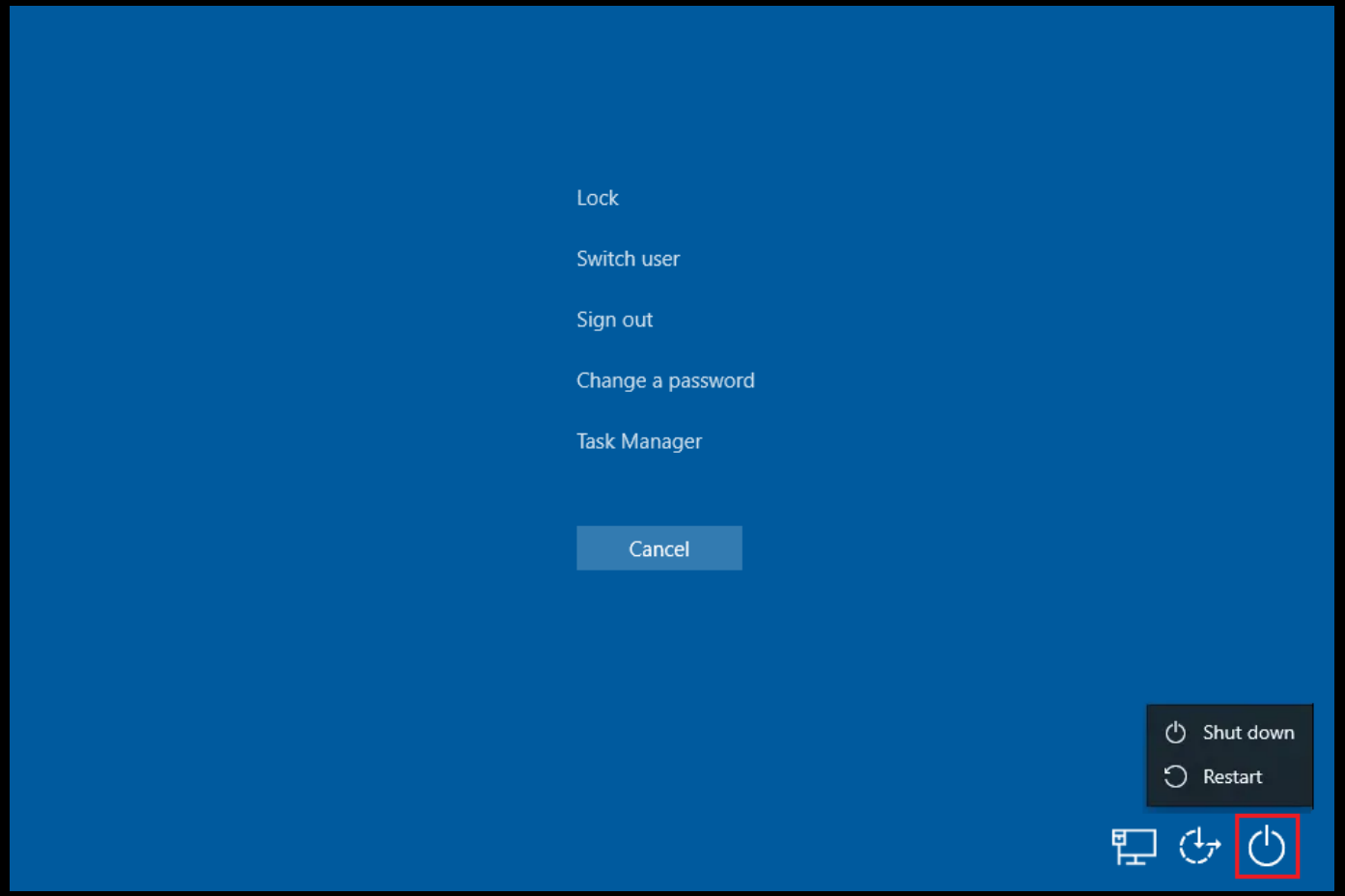
- Select Restart to begin the process





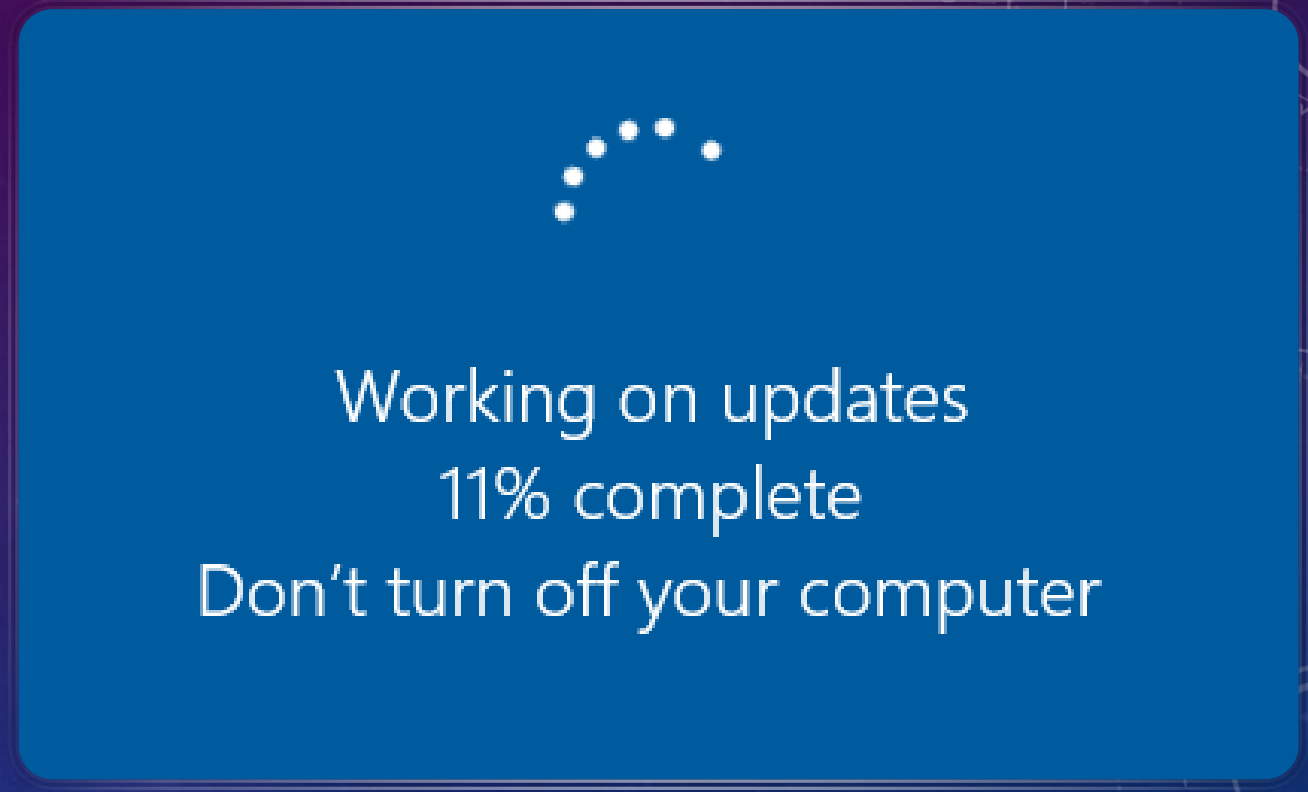
- If updates are waiting to install, “Update and shut down” and “Update and restart” are shown instead

- Alternatively, you can press CTRL+ALT+DEL
- Click on the power button
- Click Restart



WINDOWS UPDATES

- Your computer automatically downloads any Windows updates in the background
- Updates WILL NOT install until the computer is restarted
- Begins process before shut down
- Finishes installation during startup
- May sometimes require multiple restarts
- SHOULD NOT BE INTERRUPTED WHILE IN PROCESS!!!



NOTE: It is recommended to have the computer plugged in to avoid losing power while updating as any interruption caused while updating can result in the computer needing to be serviced and potential loss of data.