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Reboot your computer for best performance [1]



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Have you ever wondered why the Service Desk Team will ask, “Have you tried rebooting your computer?”

Rebooting or restarting a computer can solve many issues. This solution is not limited to computers; it applies to all types of computing devices: wireless routers, iPads and mobile phones. It also applies to software – is Google Chrome acting slow and consuming a lot of memory? Try closing it and reopening it!

Some benefits of restarting your computer:

- **Flushes RAM** – RAM stands for Random Access Memory and is your computer’s main type of memory. When you restart your computer, you flush out all the random, unimportant, and temporary data bogging down your device.

- **Boosts Performance** – Think of RAM like your short-term memory. You can only keep so much in mind at one time without losing concentration, and the same is true for your computer. Rebooting keeps your computer running quickly because it flushes all those temporary files piled on your computer’s memory.

- **Saves Time** – Rebooting your computer is one of the quickest ways you can fix an error with your machine.

- **Bug Fixes** – Computers that go without reboots for extended periods of time are prone to an assortment of bugs and glitches. Rebooting your computer will help clean up those little errors and prevent the systems’ processors from becoming overloaded.

- **And more!** – There are several other benefits to restarting your computer regularly, like completing software updates and allowing simple startup diagnostics to check your computer’s essential file structures.

To stay ahead of problems, consider shutting down your computer regularly.

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