Labyrinth Technology
Guiding your business through the maze of modern IT

Back to Basics 101;

Reboot your computer <u>at least</u> once a week!

Reboot or shutdown <u>at least</u> once a week = Computer performing better + Computer more secure = **User happier and more productive!**
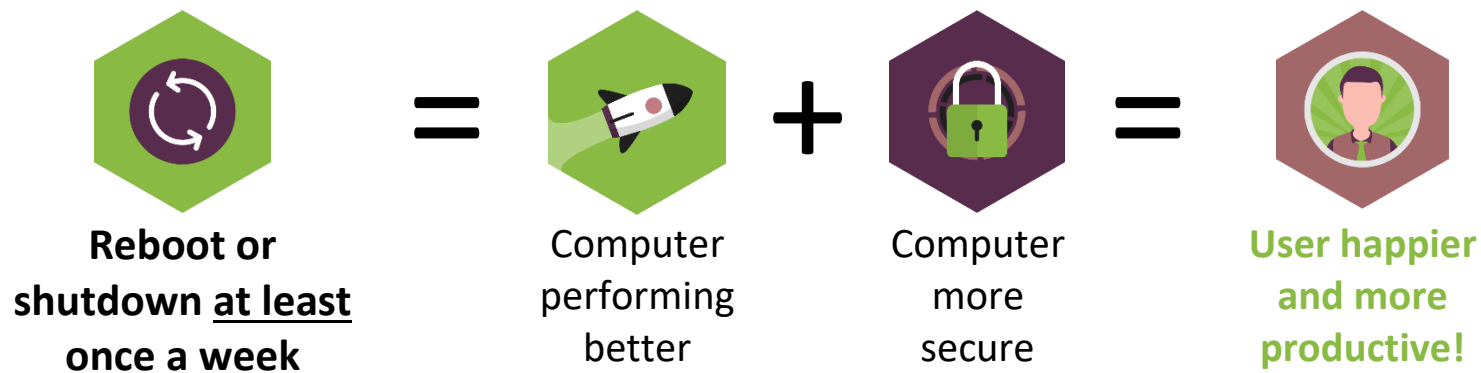
There are more benefits than you may think when doing this simple task at the end of (at least) one day a week. So read on...

Select **Start** 🪟, **Power** ⏻ and then **Restart** or **Shut Down**

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Flushes the Memory; When you use different programs or processes run in the background, they all take up part of your Random Access Memory (RAM). As your memory fills, the performance of your device gets slower and slower.

Keeps Your Device Secure and Stable; Your computer lives on patches and updates. Whether it's security, stability or otherwise, the most recent updates are paramount to your computer operating at peak performance. Most of the time these updates download automatically but can require a reboot to install.

Fixes Potential Issues; There are some "indicators" which tell you that your device needs a reboot and not doing so can cause longer-term problems. Here are some of the things that should make you think "**reboot time!**"; a file or application won't open; things are freezing or taking longer then usual to respond; you're experiencing application crashes; if the fans inside your device are making excessive noise; if your computer feels hot
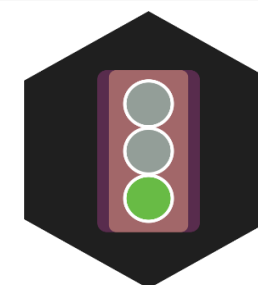
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Connectivity Problems; Sometimes the Wi-Fi just won't work, so try restarting! It's frustrating when your PC drops the Wi-Fi connection, or your Bluetooth stops picking up your wireless keyboard. These types of problems can crop up when your computer goes too long between reboots or because of other types of network issues. Restarting your computer is one of the easiest ways to fix connection problems and it takes less time than trying to reboot your modem and router (especially if they aren't the problem).

Stops Memory Leaks; Another memory related problem that rebooting can solve is when a program doesn't close correctly, and it keeps on using memory even though it's no longer open. This "memory leakage" can cause your computer to drag, and it's often hard to spot when you look in the long line of processes in the task manager, even if you know what to look for.

Corrects Software Glitches; Have you ever been in a program and found that a certain function wasn't working like usual? It could be a drop down that isn't reacting when clicked or a search function that's not working properly. Email program search functions can be particularly quirky especially if you have a lot of information in your email program. Restarting your computer often fixes these types of software glitches by doing a full reset of the software and desktop environment.

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Saves You Time; So think about the points we've highlighted to you. And think upon the impact on you and your productivity, or the productivity of your staff. If you're spending an extra 1 minute a day more than you should need to waiting for an application to open or a video to load, those minutes really add up over the course of a week. Soon, you've lost an hour and your 40 members of staff have also lost an hour. And that means your business is wasting the equivalent of a full working week, EVERY WEEK, on things that could potentially be eliminated just by taking a few extra minutes to restart your computer weekly.

And our final tip: Consider shutting down your computer at the end of a nominated day each week (e.g. Friday when you go home, another day that works with your weekly routine)

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