

Restart your computer

for improved security, performance, & stability



Improves Performance

Computers can accumulate temporary files or processes that slow down your system. Rebooting clears out these temp files and frees up memory.



Keeps Systems Up To Date

Many updates and patches require a restart of the application or computer to take effect. Delaying can make your machine vulnerable.

Flushes out malicious programs

Malware and viruses can perform malicious activities without your knowledge. Rebooting shuts down all programs and processes in your system. This can improve security and help protect your data.



Restart at least once a week

Make it a practice to accept updates when prompted and make a restart part of your Friday procedures.