

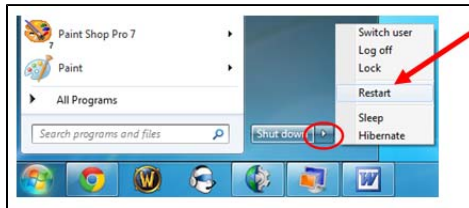
# Why Restarting Devices Regularly is Important

We see you working hard and know that sometimes you need a break. Your devices are no different. They work hard to help you accomplish your daily duties even to take a break to check out Facebook or Instagram. They need a rest every once in a while too. Restarting your device can help with prolonging the memory of your device, fix small errors and install updates. This simple step can add life to your devices that you rely on.

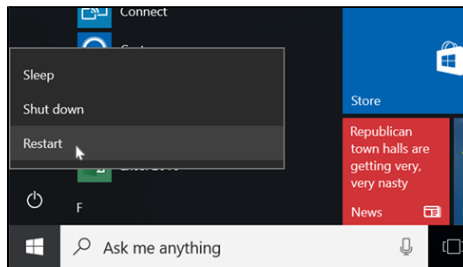
## Step-by-step guide on how to restart your device

### Windows:

- Click Start button on the taskbar.
- Windows 7 - click the small arrow next to the right of the "Shut down" button.



- Windows 10 - Go to Start, select the Power button, and then select Restart.



### Related articles

Page:Install Windows Updates

Page:Remotely Register a Computer from Off-Campus

Page:Microsoft Teams Installation

Page:Enrolling in and Activating Multi-Factor Authentication (MFA)

Page:Office 365 at Fairfield University

### Apple (3 Options):

- Press the power button (or press Control+Eject) and, when a dialog box appears, click the Restart button.

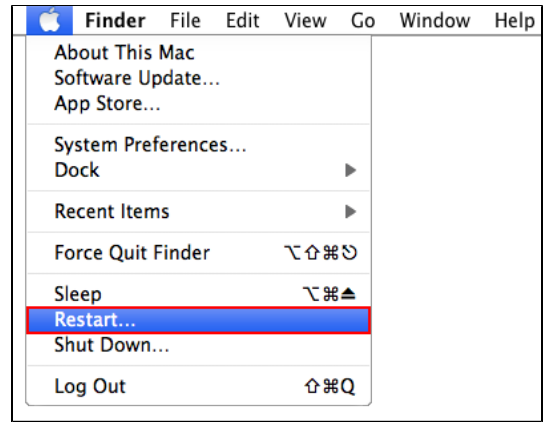


or

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Then

- Click the Apple icon (upper left corner), then click "Restart. . ."



- Press Control+Command+Eject (or Control+Command+Power button)



**Related External Information:**

- <http://msinc.com/>
- <https://www.howtogeek.com/173760/htg-explains-why-does-rebooting-a-computer-fix-so-many-problems/>
- <https://lifehacker.com/why-rebooting-your-computer-fixes-problems-1445670330>

**For further assistance, please visit the ITS4U Help Desk located in NYS 215 or call 203-254-4069 during business hours.**

**Hours can be found here: ITS4U Help Desk Hours of Operation**