

# Restart Your Computer the Right Way

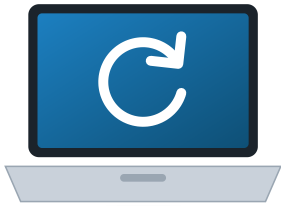
Windows 11 and Mac. A proper restart fixes glitches, finishes updates and gives you a fresh start.



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I.T.  
Happen!*

## 1 Save Your Work

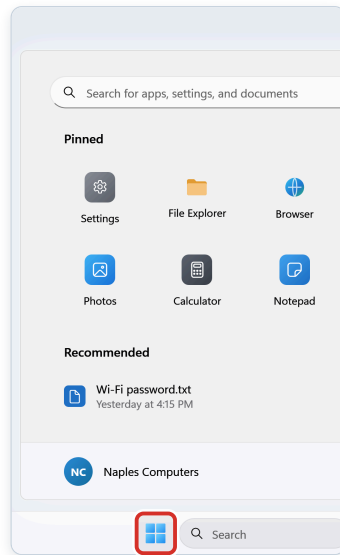
Restarting closes all of your apps. **Save** anything you're working on first.



**Restart at least  
once a week**

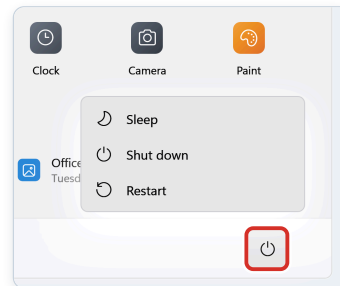
## 2 Windows: Click Start

Click the **Start** button on the taskbar.



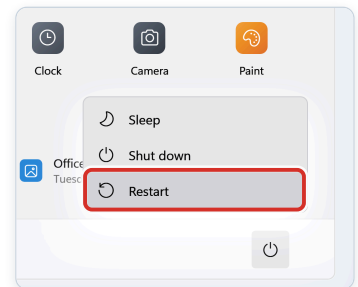
## 3 Click the Power Button

Click the **power** button at the bottom-right of the Start menu.



## 4 Choose Restart

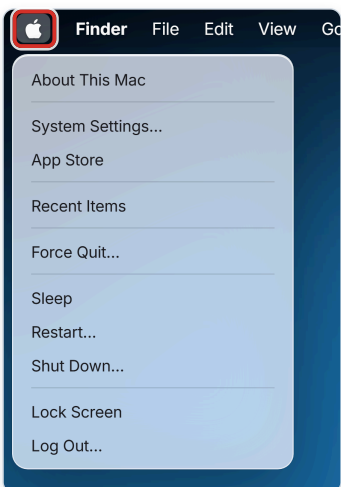
Choose **Restart**. Updates waiting? Choose **Update and restart**.



**Restart** is better than Shut down for fixing problems (see below).

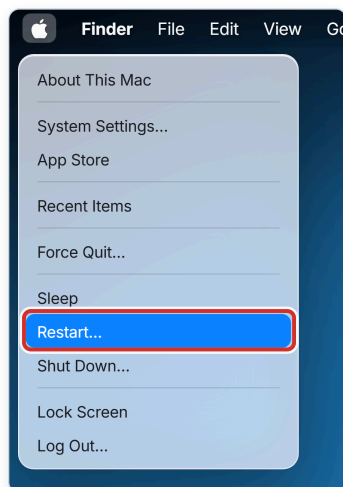
## 5 Mac: Open the Apple Menu

Click the **Apple menu** at the top-left corner of the screen.



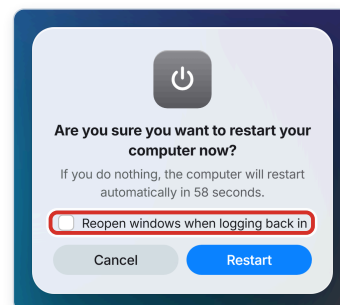
## 6 Choose Restart...

Choose **Restart...** near the bottom of the menu.



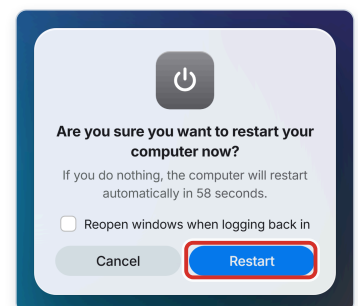
## 7 Want a Fresh Start?

**Uncheck** "Reopen windows when logging back in" so apps don't all reopen.



## 8 Click Restart

Click **Restart**. Your Mac shuts down and starts up again.



## Good to Know

- On Windows, **Restart** ≠ **Shut down**: with Fast Startup, Shut down saves part of Windows to disk. Restart is a full, clean start.
- Never** turn off your PC while it says "Working on updates". It can take a few minutes.
- Frozen solid? Try **Ctrl+Alt+Delete** first. Last resort: hold the power button ~10 seconds (unsaved work is lost).



## Need Help?

Contact Naples Computers  
**239-513-1960**  
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