Restarting your computer

Why does Learning Technology ask me to restart my computer?

When we ask you to restart your computer, we're not asking to be difficult, there's a reason:

- ✓ Restarting your computer clears out temporary files and resets system processes, which can help improve performance.

- ✓ Many updates and patches require a restart to take effect which can enhance security and stability.

- ✓ Over time, memory leaks or inefficient memory allocation by certain programs can slow down your system. A restart can clear out these issues and refresh memory resources.

- ✓ If your computer is freezing, crashing, or otherwise behaving unusually, restarting can often resolve these problems by resetting system processes and clearing out temporary glitches.

- ✓ Some applications or processes may not release system resources properly even after they're closed. Restarting your computer ensures that all resources are released and available for use by other programs.

- ✓ After installing new software or drivers, a restart is sometimes required to finish the installation process and ensure that the changes take effect.

- ✓ Restarting your computer can provide a fresh start, clearing out any lingering issues or sluggishness and giving you a clean slate to work with.

- ✓ If you're experiencing persistent issues with your computer, restarting can help us determine whether the problem is temporary or indicative of a more serious underlying issue. If the problem persists after a restart, it may warrant further investigation or troubleshooting.

Recommendation

To prevent intermittent issues throughout the day, Learning Technology recommends restarting your computer each morning.

Windows 10
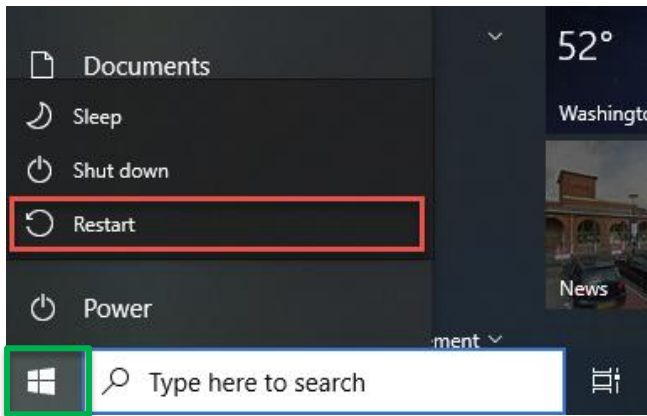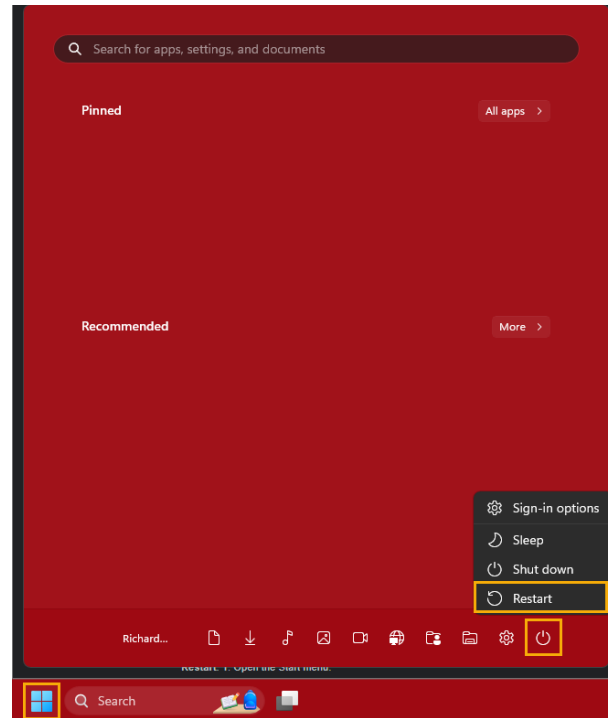
Click on the **Start** menu

Click on **Power**

Click on **Restart**

Windows 11

Mac

Click on the **Apple** menu

Click on **Restart**