

## Should I turn off my work computer every day?

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It is not necessary to turn your machine off every day. It is good to restart your machine every day when you sign off. This is more secure than leaving your machine turned on and logged in. It is recommended that you turn your machine off once every week or so, or when it starts operating improperly. This resets the machine and clears out the RAM (Random Access Memory). Think of RAM as a chalkboard where information is overwritten again and again without erasing the board. Turning your machine off erases the board.