

# How to back up and restore a Microsoft SQL Server database using SSMS

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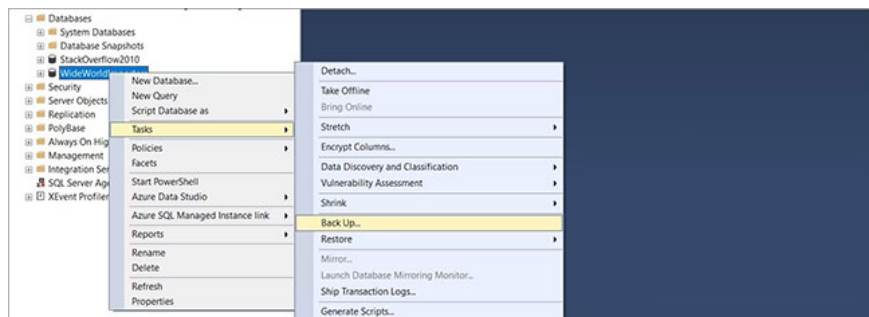
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You can use SQL Server Management Studio to easily back up or restore your database.

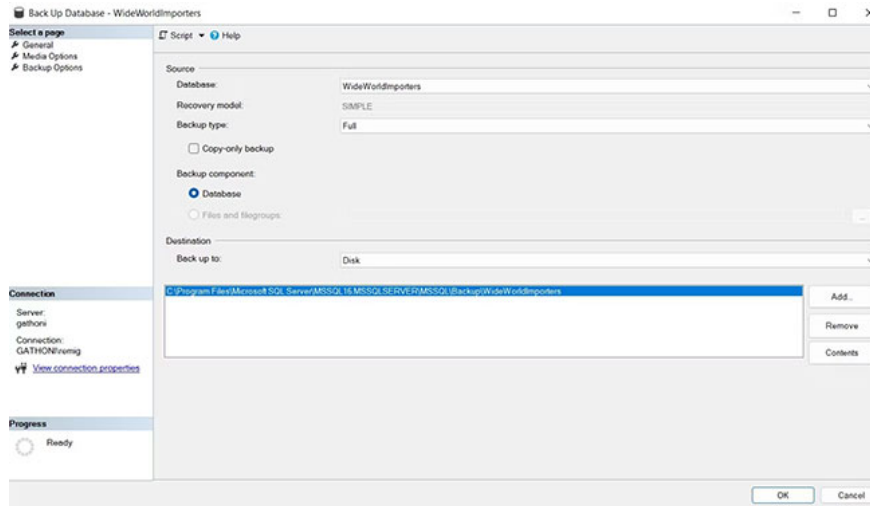
## How to back up a database using SSMS

SQL Server Management Studio (SSMS) allows you to back up your database using its user interface. To get started, follow the steps outlined below.

1. Locate the database you want to back up in the **Databases** section and right-click on it.
2. In the database menu, select **Tasks > Back Up** .



3. In the **Backup Database** dialog box , add the destination folder for the backup file. It must have the .bak file extension .



4. Press **OK** to begin the backup process.

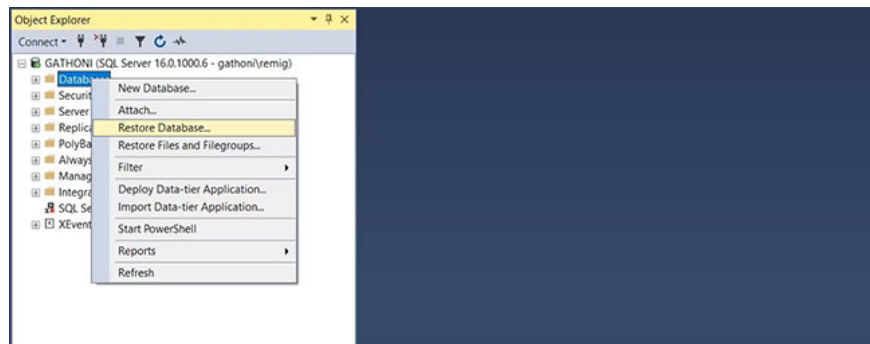
Instead of using the user interface, you can also run the SQL query below to perform a full database backup.

```
BACKUP DATABASE WideWorldImporters TO DISK = 'C:.\BackupWideWorldImporters.bak'
```

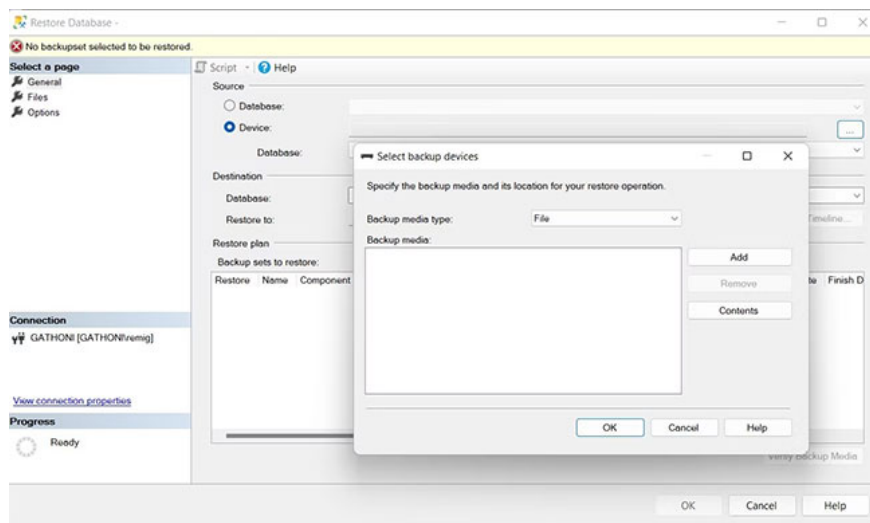
## Recovering SQL databases using SSMS

Follow the steps below to restore the backed-up database.

1. Launch SSMS and connect to the server.
2. In the left pane, right-click the **Databases** node and select **Restore Database**.



3. In **Source** , select **Devices** and click the three dots (.) to open the **Select backup devices** dialog box .



4. Click the **Add** button to select the backup file, then click **OK**.

Your database will now be restored.

Alternatively, you can use SQL commands to restore the database. Simply run the following query in the query window and specify the file location.

```
RESTORE DATABASE WideWorldImporters FROM DISK = 'C:.BackupWideWorldImporters.bak
```

Database backup and recovery are crucial in database maintenance. With recent backups, DBAs can restore the database to the nearest good copy if data is corrupted or compromised. This allows businesses or applications to continue running smoothly.

If you plan to maintain the database, you should ensure that you can back up and restore the SQL database using SSMS.

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