

# The simplest and most effective way to restart a MacBook

Apple products are always highly appreciated by users for their smoothness in use. But sometimes the MacBook will slow down, lag or freeze due to many different reasons. In the article below, TipsMake will guide you how to restart your MacBook to handle the above situations.

Restarting your MacBook periodically can help it run faster and allow your Mac's operating system to install any pending system updates. Below are 4 ways **to restart Macbook** including 1 method users can use when MacBook is frozen and unresponsive.

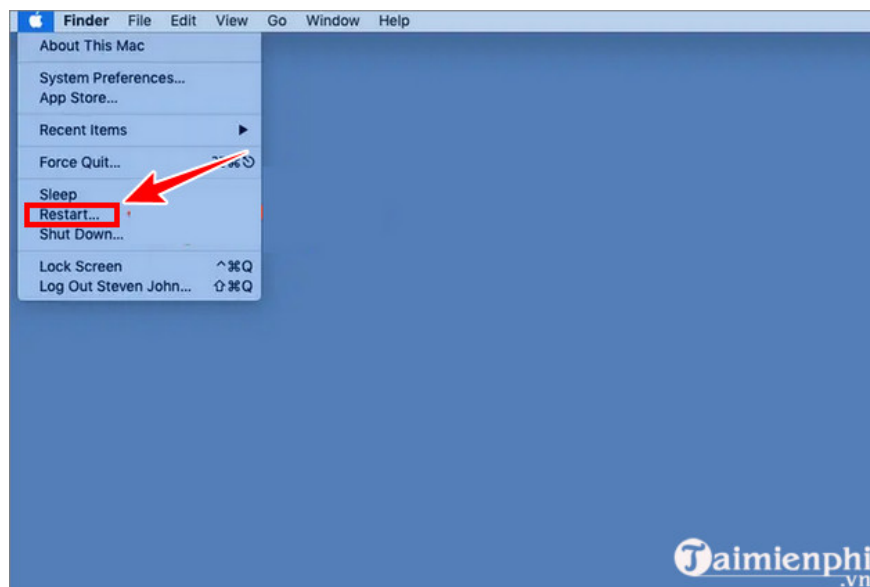
## How to restart MacBook quickly and effectively

### *Method 1: Restart MacBook through the menu*

The simplest and most basic way to restart a Macbook is through the menu. To restart this Macbook, follow the steps below:

**Step 1:** Click on the Apple icon in the top left corner of the screen.

**Step 2 :** On the menu displayed on the screen, click **Restart** .



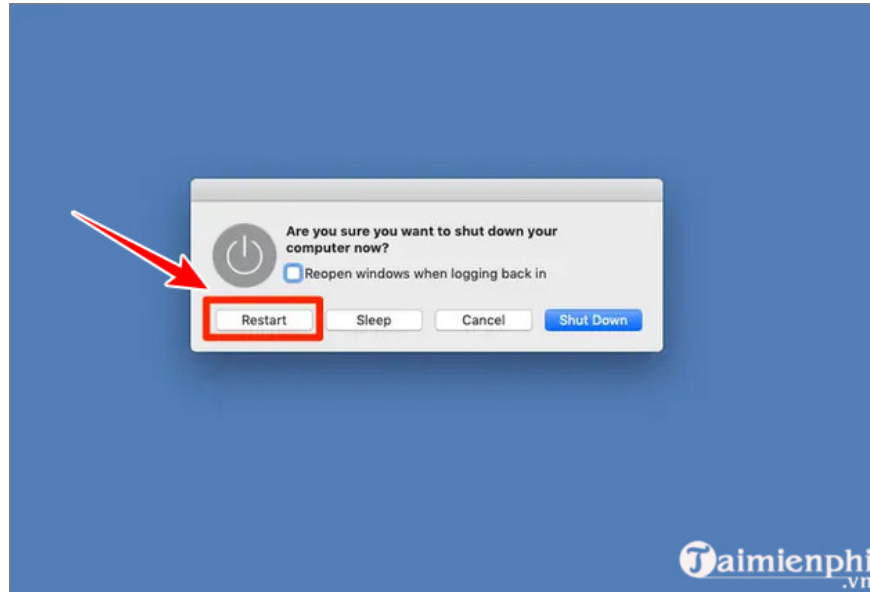
**Step 3:** Now the MacBook will automatically reboot.

## ***Method 2: Use keyboard shortcuts to restart Macbook***

Similar to Windows, we can use **Macbook shortcuts** to restart the device:

**Step 1:** Press **the Control key** and **the Eject key** at the same time (there is an arrow icon pointing up on a line at the top right of the keyboard).

**Step 2:** Select **Restart** in the menu displayed on the screen to restart the MacBook.



## ***Method 3: Force restart MacBook with key combination***

**Step 1:** Press and hold the **Control, Command** and **Eject** keys at the same time to restart your Macbook computer as quickly as possible.

**Step 2:** This will immediately restart the MacBook. Therefore, you should save the files you are working on before using this key combination to avoid losing important data.



#### ***Method 4: Restart MacBook manually***

If your MacBook doesn't respond to any of the reboot methods mentioned above, you'll need to completely shut down your MacBook to restart it. The way to turn off the macbook here is to just hold down **the power button** (silver circle in the top corner of the keyboard) for about **6 seconds** . The MacBook will turn off completely and users can wait a while to turn it back on.

Above are the 4 simplest **ways to restart your MacBook** . During use, you sometimes encounter **slow booting of your Macbook** . Let's join TipsMake to find out the cause and fix this situation right away! Hope you are successful.

You finished reading the article "**The simplest and most effective way to restart a MacBook**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.