

## Selecting restore type

The **Restore Type** section of the Restore Wizard allows you to choose whether you want to use the Normal SQL Safe Restore or the [InstantRestore](#) option when restoring your database.

 Take into account when **InstantRestore** can or cannot be used:

- **InstantRestore** is not available for all restores as not all properties are supported; for example, you cannot restore a SQL Safe backup from a TSM Server.
- **InstantRestore** supports only complete database restores and does not support file or filegroup restores.
- **InstantRestore** can only work when you choose a Fully Accessible recovery state.
- **InstantRestore** does not support native format files.

What is the benefit of using InstantRestore?

In most cases, **InstantRestore** allows you to use the database almost immediately after starting the restore. If you have large databases that you need to access very quickly, this may be the best option for you, but take into account that there may be some performance issues if your users are making changes to the database while the restore is in progress.

**InstantRestore** will bring the database online quickly allowing you to access your data while SQL Safe continues to restore the database in the background.

What options do you have available in this section?

You can choose between:

- **Normal SQL Safe Restore** - SQL Safe will restore the database using the traditional restore engine and the database will become available when the restore completes.
- **SQL Safe InstantRestore** - the database will become available in a fraction of the time that a normal restore normally takes.

 If you have not enabled the **InstantRestore** feature yet, click **Enable InstantRestore**.

Once you select the restore type, click **NEXT** to [configure notifications](#).