

# Select restore type

The Restore Type section of the Restore wizard allows you to choose whether you want to use the [InstantRestore](#) option when restoring your database.

InstantRestore is not available for all restores as not all properties are supported; for example, you cannot restore a SQLsafe backup from a TSM Server. Also note that InstantRestore supports only complete database restores and does not support file or filegroup restores. Additionally, InstantRestore can only work when you choose a Fully Accessible recovery state.

**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 SQLsafe continues to restore the database in the background.

**What options do you have available on this section?**

You can choose between a Normal SQLsafe Restore and a SQLsafe InstantRestore. If you choose the first one, SQLsafe will restore the database using the traditional restore engine and the database will become available when the restore completes. If you choose the InstantRestore option, the database will become available in a fraction of the time that a normal restore normally takes.

SQL **safe** is a high-performance backup and recovery solution for your SQL Servers. [Learn more](#) > >

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