View session data and findings

The Sessions view identifies all sessions that are currently active on the selected SQL Server instance, as of the last refresh, as well as their key performance metrics and any quick findings that would help improve your session performance.

These session performance metrics are collected from the Dynamic Management View (DMV) sys.dm_exec_requests. For more information about individual metrics, see the Microsoft article sys.dm_exec_requests (Transact-SQL)

Access the Sessions view

You can access the Sessions view for a SQL Server instance by expanding the directory tree for the instance, and then selecting **Sessions**.

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