

# Select target instance for restore

The **Target** tab of the Restore wizard allows you to select the SQL Server instance where you want to restore the database(s). In this section you can follow these steps:

1. Select from the drop-down list the SQL Server instance where you want to restore your database(s). If your instance is not displayed, register it by using the [Add Instance Wizard](#).
2. Choose one of the following actions:
  - **Restore** - select this option to restore your databases. You can select the option **Disconnect users before restore** to instruct SQL Safe to disconnect users from databases before performing the restore operation.
  - **Verify** - this restore option helps you ensure your backup operations are successful without actually restoring your data. Consider using this restore verification option on all critical backups after executing the backup operation.

## What other Advanced Options do you have on this section?

You can specify the number of threads for compressing data or you can choose the **Auto** option so that SQL Safe calculates the optimum number of threads for your operation.

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

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