

# Re: Log Off VS Restart

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*Source:*

<http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.general/2006-07/msg03732.html>

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- *From:* "xrees" <[lkandia@xxxxxxxxx](mailto:lkandia@xxxxxxxxx)>
  - *Date:* 11 Jul 2006 21:53:20 -0700
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DanS wrote:

"xrees" <[lkandia@xxxxxxxxx](mailto:lkandia@xxxxxxxxx)> wrote in <news:1152630992.271894.4270@m73g2000cww.googlegroups.com>:

A simple question. Varied answers I'm sure.  
A client recently asked

Should we "Log Off" or "Restart" at the end of the day.

Which is better?  
And why?

Log Off

1. Gets you out of all the programs you were working in, shutting down any data access to email, documents etc. so that backups can perform without running into "open files".
2. Shuts down any applications that were run on LOGIN.

Restart

1. Same as Log Off PLUS
2. Clears the Page File?
3. Clears RAM

What about electrical surges? Does a restart actually cut power temporarily to hard drives, MB, etc. ? Is there more wear and tear on a workstation performing daily RESTARTS as opposed to daily LOGINS and LOGOFFS?

TIA  
Luke

I know you really did mean restart Luke.

## Re: Log Off VS Restart

The question is, have you experienced any difference if someone chooses one or the other ? Has there been any issue's with locked files when just logging off. Since network shares are still active even though noone's logged on that particular PC, other users \*COULD\* be accessing the files on a remote drive, which MAY cause a problem.

You can always drum up a discussion of which is better, on 24/7 or on when only using..... should I logoff or just lock the PC, etc.

Unfortunately I can't answer the question about cutting power. I haven't looked at PC architecture in depth. I would venture a guess that there is less of a 'surge' on just a reset. How much ? Don't know. Only because the HD may still be spinning since the reset is of very short duration. There will not be the initial draw needed to start it spinning. Also, power supply capacitors will still be charged to be able to supply \*some\* of that initial oomph needed.

Anyway you look at it, whatever any differences may be between the two, they'd probably wash each other out anyway.

It ends up being personal preference.

Thanks to everyone who replied.

The dialogue with the client had started because of the old question "should we shut our pcs down at night?" I used to be of the opinion that yes, to save on electricity, keep the amount of heat down etc. it would probably be best to do so. Now, after years of seeing systems lose their drives "way before their time" usually on startup in the mornings, I'm not so sure.

So I offered my opinion, that it would probably be better if they left their pcs on for the duration of the week, logging off so as to make sure that everyone was out of all possible data files, dbs, etc. Then to shut them off on the weekends. So when the question came to me of whether a restart would do the same thing and which was better, I was sort of caught off guard. Never thought of it really. Was wondering if anyone else ever had.

Which lead me to this group and the questions about loss of power, etc. I'm inclined to believe that you're probably right, that the amount of time that the drives go without power is miniscule and hence very little electrical stress is imposed on all the components. So that a restart or logoff (other than all those other things that occur on startup already mentioned) is really all a matter of choice and not benefits.

Thanks again  
Luke

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