
[MySQL](/sql/docs/mysql/import-export/) (/sql/docs/mysql/import-export/) | **PostgreSQL** | [SQL Server](/sql/docs/sqlserver/import-export/)
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This page provides best practices for importing and exporting data with Cloud SQL. For step-by-step instructions for importing data into Cloud SQL, see [Importing Data](/sql/docs/postgres/import-export/importing/) (/sql/docs/postgres/import-export/importing). For step-by-step instructions for exporting your data, whether it is in Cloud SQL or an instance you manage, see [Exporting Data](/sql/docs/postgres/import-export/exporting/) (/sql/docs/postgres/import-export/exporting).

The following are best practices you should consider when importing and exporting data:

- [Don't use Requester Pays buckets](#) (#restrictions)
- [Use the correct flags when you create a SQL dump file](#) (#sqldump_flags)
- [Compress data to reduce cost](#) (#data_compression)

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You cannot use a bucket that has [Requester Pays](/storage/docs/requester-pays/) (/storage/docs/requester-pays) enabled for imports and exports from Cloud SQL.

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If you do not use the right procedure when you export data to a SQL dump file, your import might be unsuccessful. For information about creating a SQL dump file for import into Cloud SQL, see [Exporting data](/sql/docs/postgres/import-export/exporting/) (/sql/docs/postgres/import-export/exporting).

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Cloud SQL supports importing and exporting both compressed and uncompressed files. Compression can save significant storage space on Cloud Storage and reduce your storage costs, especially when you are exporting large instances.

When you export a SQL dump or CSV file, use a `.gz` file extension to compress the data. When you import a file with an extension of `.gz`, it is decompressed automatically.

- [Learn how to import data into Cloud SQL \(/sql/docs/postgres/import-export/importing\)](/sql/docs/postgres/import-export/importing).
- [Learn how to export data using Cloud SQL \(/sql/docs/postgres/import-export/exporting\)](/sql/docs/postgres/import-export/exporting).
- [Learn how to enable automatic backups \(/sql/docs/postgres/backup-recovery/backups\)](/sql/docs/postgres/backup-recovery/backups).
- [Learn how to restore from backups \(/sql/docs/postgres/backup-recovery/restore\)](/sql/docs/postgres/backup-recovery/restore).