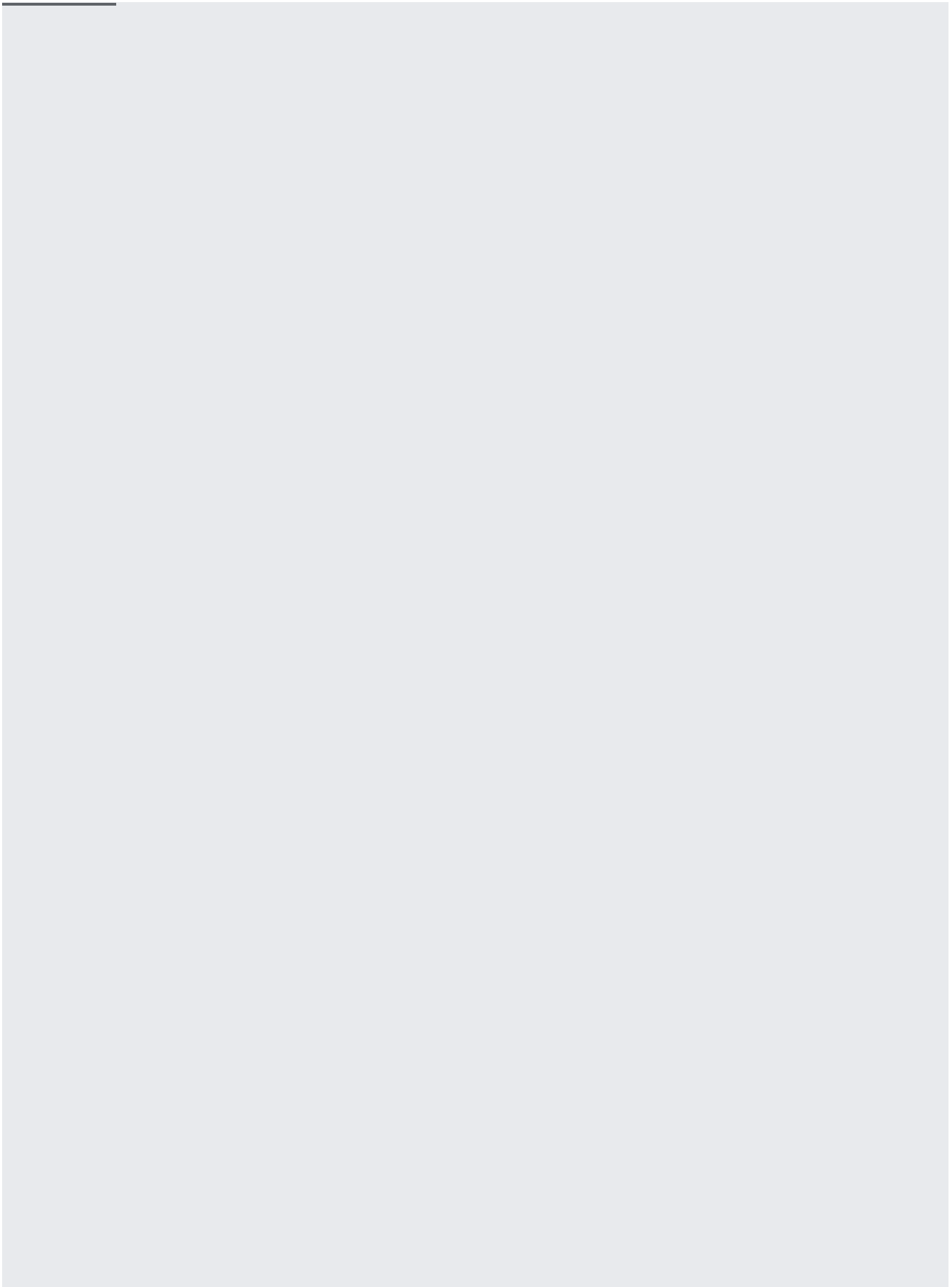

[MySQL](#) (/sql/docs/mysql/start-stop-restart-instance) | **PostgreSQL** | [SQL Server](#)
(/sql/docs/sqlserver/start-stop-restart-instance)

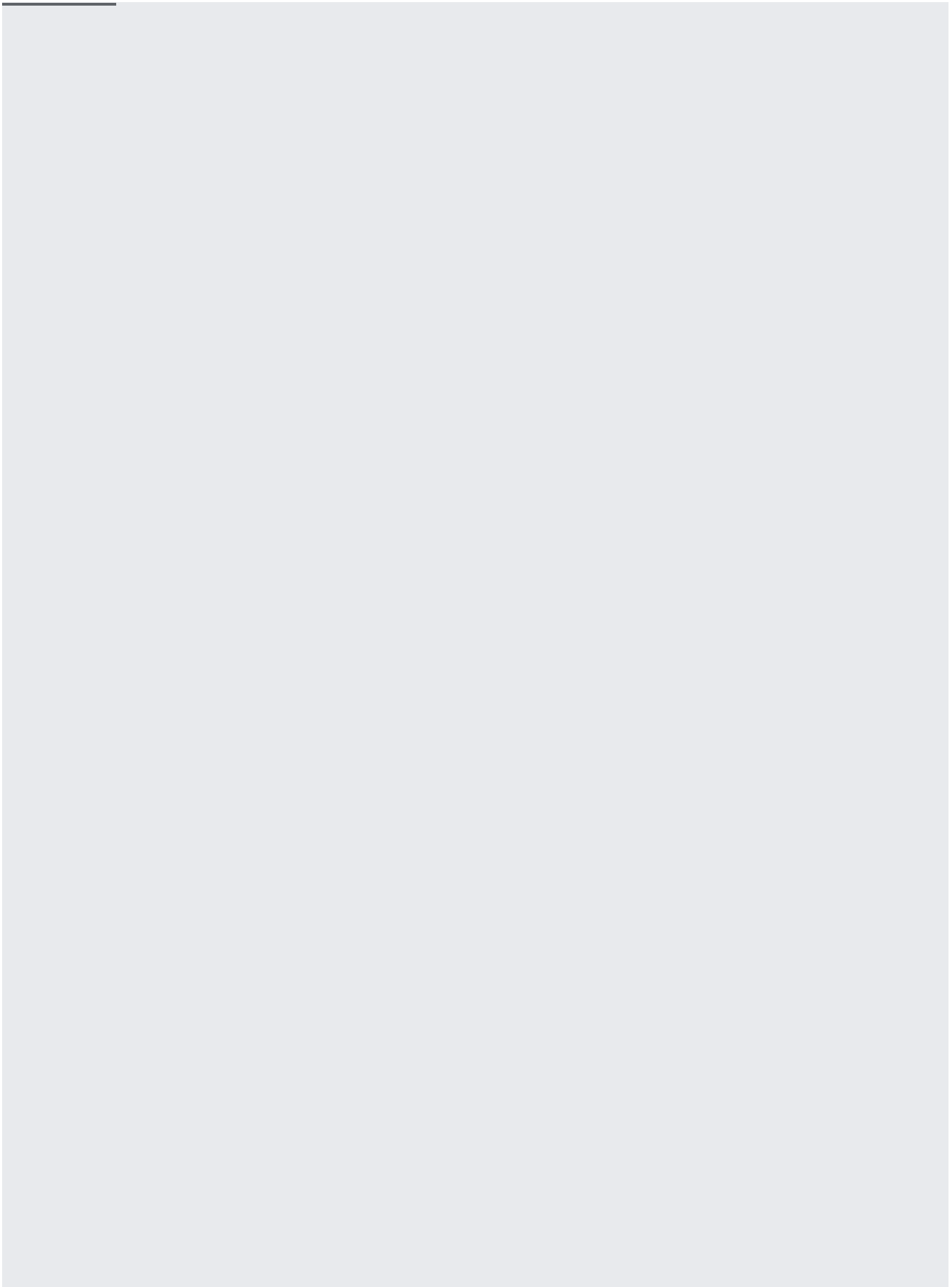
This page describes how to start an instance, stop an instance, and restart an instance that is running.

When you start, stop, or restart an instance, you need to set an activation policy to use. The activation policy indicates if the instance is activated to accept connection requests.

Generally, you should set your activation policy to **ALWAYS**. If you are not using your instance, you can set its activation policy to **NEVER** to avoid instance charges.

To start a stopped instance:



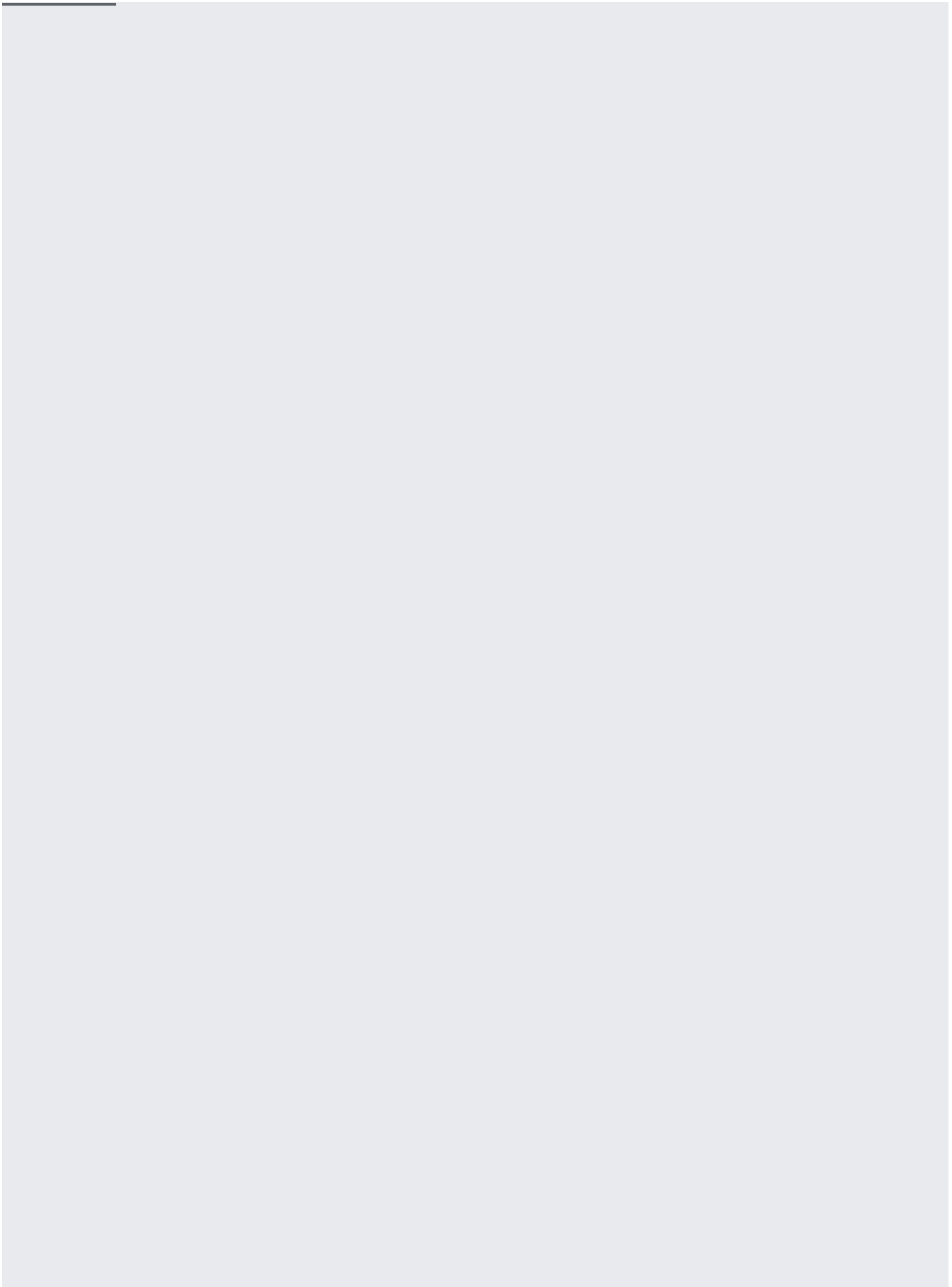


To see how the underlying REST API request (</sql/docs/postgres/admin-api/rest/v1beta4/instances/patch>) is constructed for this task, see the APIs Explorer on the instances:patch page (</sql/docs/postgres/admin-api/rest/v1beta4/instances/patch>).

You can manually stop an instance when needed. When you stop an instance, it remains stopped, and does not respond to application connections, until you start it again.

Stopping an instance suspends instance charges. The instance data is unaffected, and storage charges continue to apply.

To stop an instance:

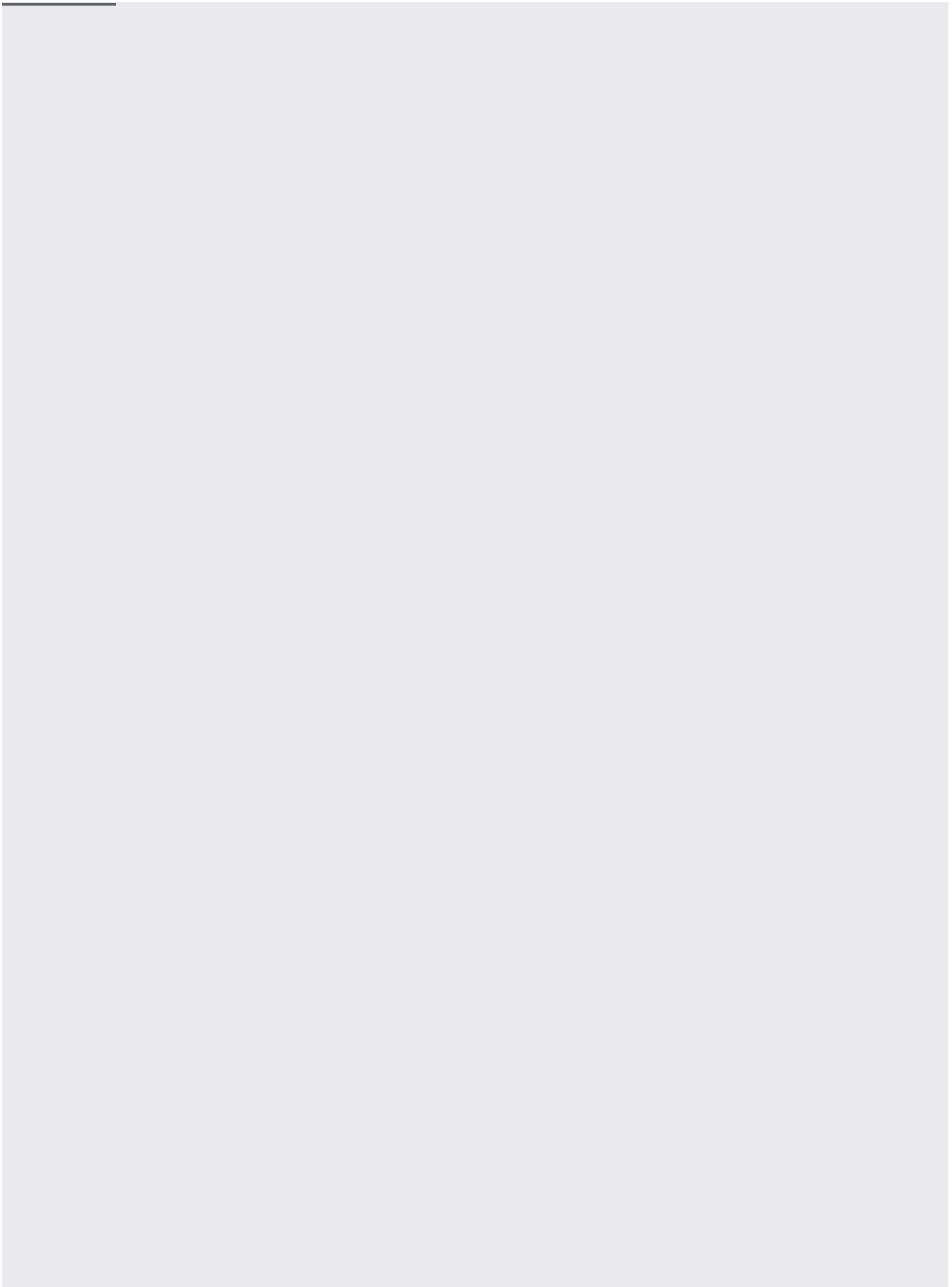


To see how the underlying REST API request (</sql/docs/postgres/admin-api/rest/v1beta4/instances/patch>) is constructed for this task, see the APIs Explorer on the instances:patch page (</sql/docs/postgres/admin-api/rest/v1beta4/instances/patch>).

Restarting an instance drains the connections from the instance and stops it. Next, the instance restarts and is ready to accept new connections.

Restarting a running instance can resolve some problems with the instance. However, restarting an instance causes downtime in service, and empties the instance cache, which results in a temporary reduction in performance. If you have restarted your instance recently, check the instance logs to ensure it has fully recovered before restarting it again.

To restart an instance:



To see how the underlying REST API request (/sql/docs/postgres/admin-api/rest/v1beta4/instances/restart) is constructed for this task, see the APIs Explorer on the instances:restart page (/sql/docs/postgres/admin-api/rest/v1beta4/instances/restart).