

# macOS Sierra: Recover your entire system



If you use Time Machine to back up your Mac, you can recover your system if your system or startup disk is damaged.

Important: Use your Time Machine backup to restore your system to the Mac that is the source of the backup. To [transfer your information to a new Mac](#), use Migration Assistant.

If you're restoring your system because of a problem with your startup disk, repair or replace the disk before following these instructions.

1. Print these instructions.

Click the Share button  in the Help window, then choose Print.

2. Make sure your Time Machine backup disk is connected and turned on. If your disk is on a network, make sure your Mac is on the same network.
3. Choose Apple menu > Restart. After your Mac restarts (some Mac computers play a startup sound), press and hold the Command and R keys until the Apple logo appears, then release the keys.
4. Select "Restore from a Time Machine Backup," then click Continue.
5. Do one of the following:
  - External backup disk: Select it, then click Continue.
  - Time Capsule: Choose your network from the AirPort menu on the right side of the [menu bar](#), select your Time Capsule, then click "Connect to Remote Disk."
  - Network backup disk: Select it, then click "Connect to Remote Disk." Alternatively, click "Other Server," then enter the URL of the network disk.
6. If necessary, enter the name and password you use to connect to your backup disk, then click Connect.
7. Select the date and time of the backup you want to restore, then follow the onscreen instructions.

After you restore your system, Time Machine may perform a full backup at the next scheduled backup time. This is normal. Time Machine resumes incremental backups after the full backup is completed.

## SEE ALSO

[Recover items using Time Machine and Spotlight](#)

[Restore items backed up with Time Machine](#)

[Revert to a previous macOS version](#)

[If you want a new Mac to "inherit" your backup history](#)

[View and restore past versions of documents](#)