

# PostgreSQL

## Is my PostgreSQL data backed up?

Yes, we take automated backups each of your PostgreSQL databases.

Backups are daily, weekly, and monthly with retention of 7 days, 5 weeks, and 3 months.

Each database is backed up individually in both Plain Text and Custom format.

You can download your backups at any time via your control panel by clicking the "PostgreSQL Backups" icon.

You can also restore any scheduled backup in one click via your control panel by clicking the "PostgreSQL Restore" icon.

In addition to our scheduled backups, you can also create and restore backups in one click via your control panel by clicking the "PostgreSQL Snapshots" icon.

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