How to use backup with Time Machine

This document describes how to make backups with Time Machine on a MAC-computer. This example is done on a Mac with macOS Monterey 12.6.3 and an Apple Silicon M1 processor.

1. Click on the apple and chose System Preferences

Ś	System Preferences	Edit	View	۷
Abo	ut This Mac			
Syst	em Preferences			
Арр	Store			
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Shu	t Down			
Lock	<pre>screen</pre>		^	
Log	Out Johan Rosén		_ት ж Q	

2. Click on Time Machine

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9	Sign in to yo Set up iCloud,	our Apple ID the App Store	and more.				Sign In
General	Desktop & Screen Saver	Dock & Menu Bar	Mission Control	Siri	Q Spotlight	Language & Region	Notifications & Focus
Internet Accounts	Passwords	Wallet & Apple Pay	Users & Groups	Accessibility	Screen Time	Extensions	Security & Privacy
Software Update	Network	Bluetooth	Sound	Touch ID	Keyboard	Trackpad	Mouse
Displays	Printers & Scanners	Battery	Date & Time	Sharing	Time Machine	Startup Disk	Profiles

- 3. Here you can select Back Up Automatically or not. Under Select Disk you can select which external disk you want to Backup to. In this example I have called it MEB. Chose "Show Time Machine in menu bar".
- 4. Click on "Select disk".



5. Here you chose if you want the Backup to be Encrypted and/or protected with a password. Chose your external disk and click on "Use Disk".

Time Machine 1 TB, Encrypted	
Available Disks	
Time Machine 1 TB, Encrypted, Case Sensitiv	ve
Data on "bnugbydikjen afp://bnugb	ydikjenje.local/Data
Other AirPort Time Capsu Set up an AirPort Time Capsu	le le that is not listed here
2 Spervet backups	Cancel Use Disk

6. If you have chosen to Backup Automatically the backup start in 1 minute. Otherwise, you can manually start it from the icon to the right in the Menu bar.



7. To restore from backups you click the Time Machine-icon in the Menu bar and chose "Enter Time Machine"



8. Here you can chose date and time from where you want to restore from.

•••	< > Time Machine		→ →	Ċ	
Favourites	Backups of "C8-C02VV17PHTDD"				Enter Time Machine
AirDrop	Name	∧ Date Modified	Size		Kind
ecents	> 🙆 2023-01-31-160642	31 Jan 2023 at 16:06			Time MBackup
Applications	> 0 2023-02-02-083258	2 Feb 2023 at 08:32			Time MBackup
- Devilation	> 🙆 2023-02-07-140444	Yesterday at 14:04			Time MBackup
Desktop	2023-02-08-131436	Today at 13:14			Time MBackup
Documents	🗸 🧾 Macintosh HD - Data	Today at 13:14			Folder
Downloads	> 🚞 Applications	Today at 08:32			Folder
•	> 🚞 Library	Yesterday at 12:15			Folder
Locations	> 🚞 Network	Yesterday at 09:15			Folder
○ iCloud Drive	> 🚞 Previous Content	Yesterday at 08:49			Folder
	> 🚞 System	11 Jan 2023 at 08:03			Folder
*U Time Ma ≜	V 🚞 Users	Yesterday at 09:17			Folder
Network	> 📴 admin	Yesterday at 09:02			Folder
	v 🚞 johros	Yesterday at 14:28			Folder
Tags	> 🚞 Desktop	Today at 10:33			Folder
• Red	> Documents	Yesterday at 09:17			Folder
Orange	> Downloads	Yesterday at 09:17			Folder