**Query Design Recommendations/Best Practices**

* Operate on small result sets.
* Use indexes effectively.
* Avoid optimizer hints
* Using Domain and Referential Integrity

**The NOT NULL constraint**

**Declarative referential integrity (DRI)**

* Avoiding Resource-Intensive Queries

**Avoid data type conversion.**

**Use EXISTS over COUNT(\*) to verify data existence.**

**Use UNION ALL over UNION.**

**Use indexes for aggregate and sort operations.**

**Avoid local variables in a batch query.**

**Be careful naming stored procedures.**

* Reducing the Number of Network Round-Trips

**To reduce the overhead of multiple network round-trips, consider the following techniques:**

**Execute multiple queries together.**

**Use SET NOCOUNT.**

* Reducing the Transaction Cost

**Reduce logging overhead.**

**Reduce lock overhead.**