**Full Back-up**

A full backup makes a copy of all the data in a set. This is the most time-consuming method, and it also takes up the most disk space. On the other hand, recovery is more straightforward than other methods that require you to be prepared for changed data.

**Incremental backup**

If you have a full back up, you can add an incremental backup once a week, for example. This just makes a copy of the data that has been changed in the meantime. This is the method that takes up the least amount of time and space. The disadvantage is that when you restore you not only need the full backup, but also all the incremental backups

**Differential backup**

The differential backup is also based on the full backup. However, a copy of all data that has changed since the full backup is created here. The full backup and the latest differential backup are therefore required for the restore. Differential backups score with the fact that restoration is easier than with incremental backups, but they also consume more space and time

**Mirror backup**

The Mirror backup copies the selected files at a given time window. It is the fastest and quickest backup method. The Files can be accessed by tools like the Explorer. But it takes the greatest storage capacity of all methods and you cant protect it via Password.