**🔁 When to Restart Services**

**1. If you're running locally without Docker**

* **Frontend (React)**:
  + Changes in .js or .css files are hot-reloaded automatically if you're using npm start.
  + If not, restart with:
  + npm start
* **Backend (Node.js/Express)**:
  + Changes in server.js or related files require a restart unless you're using nodemon.
  + Restart with:
  + node server.js
* **AI Microservice (Flask)**:
  + Restart if you change app.py or requirements.txt:
  + flask run

**2. If you're using Docker (recommended for your project)**

After editing any code inside backend/, frontend/, or ai-microservice/, you should:

* **Rebuild the affected service**:
* docker-compose build <service-name>

For example:

* + docker-compose build backend
  + docker-compose build frontend
  + docker-compose build ai
* **Restart the service**:
* docker-compose up <service-name>

Or restart everything:

docker-compose up --build

**✅ When You Don’t Need to Restart**

* **Static content edits** (e.g., HTML/CSS in React components) often reload automatically in development.
* **Frontend styling changes** (Tailwind or CSS) are picked up instantly unless you're in production mode.
* **Database schema changes** only require a restart if you’ve changed connection logic or environment variables.

Would you like a quick script that watches for changes and rebuilds Docker containers automatically? Or maybe a nodemon setup for backend dev?