**Docker:**

**A diagram of software

Description automatically generated**

Linux kernel features like namespaces and cgroups to isolate processes and manage resource allocation for containers.

Docker runs natively on Linux with the best performance due to direct access to the Linux kernel.

On macOS and Windows, Docker must run inside a virtualized environment, which can add overhead, but tools like Docker Desktop streamline the user experience to make it as seamless as possible.

With the advent of WSL 2, Docker on Windows has become much more efficient and closer to the Linux experience.