1. When approaching a slow server, first run the dmv sys.dm\_os\_waiting\_tasks (shows waiting tasks in runnable and resource waiting list). Sys.dm\_os\_wait\_stats shows aggregated wait stats up since server started or since wait stats cleared.
2. Check msdb is in Full recovery model especially if SSIS is being as it stores info about it.
3. If TDE is used, make sure the key is also backed up.
4. Use distributed replay or ostress or database experimentation assistant to replay a captured workload. If you have query store enabled, then you can look at before and after stats without having to do much.
5. Query store data is stored in the same database. Set the query store max size to 2 or 4 gb. In sql2019, default is 1 gb. Interval length minutes is the window over which stats are aggregated. Default is 60 minutes but should be dropped down to 30 minutes or lower if more granular stats are required.