

Importing data into your PostgreSQL database in Amazon Lightsail

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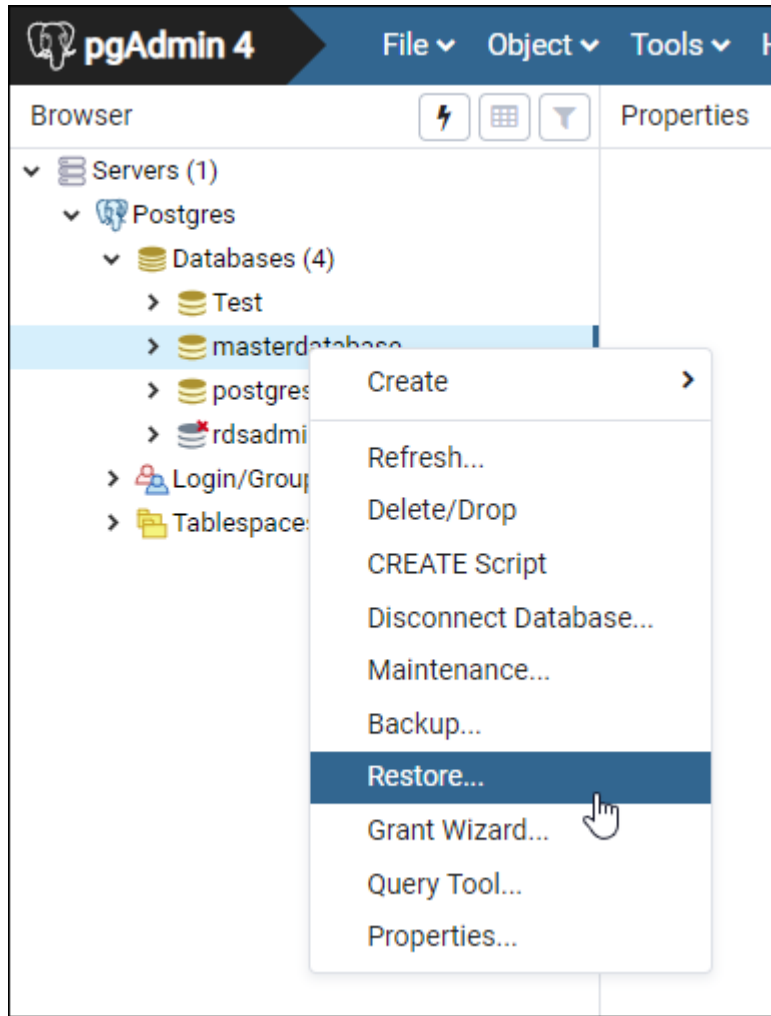
You can import a database backup file into your PostgreSQL managed database in Amazon Lightsail using pgAdmin.

Note

To learn how to connect pgAdmin to your database, see [Connecting to your PostgreSQL database in Amazon Lightsail](#). For more information about creating a PostgreSQL database backup that you can import to another database, see [Backup Dialog](#) in the pgAdmin documentation.

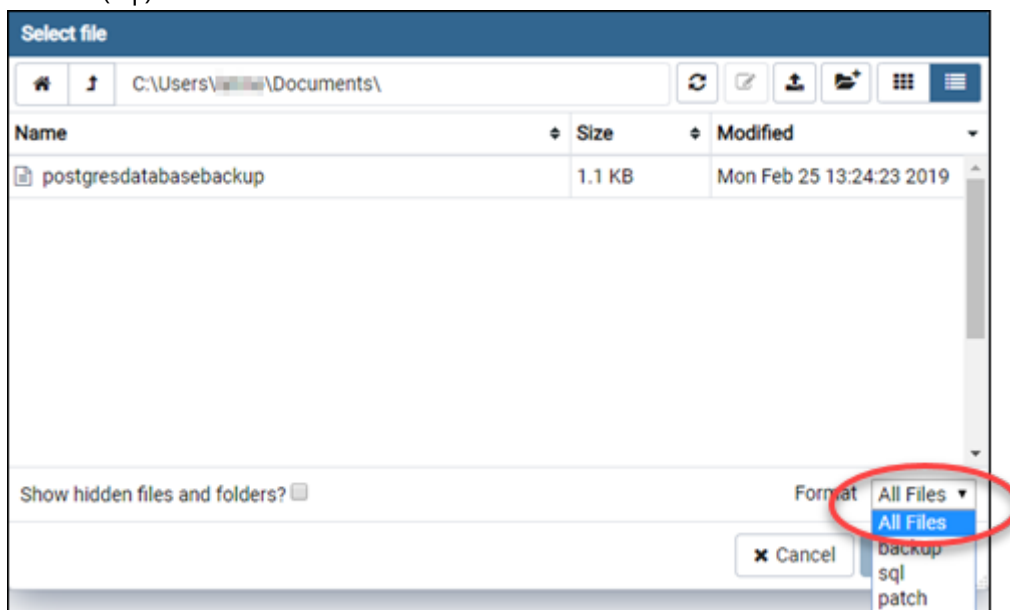
To import a backup file into your database

1. Open pgAdmin.
2. In the list of server connections, double-click your PostgreSQL managed database in Amazon Lightsail to connect to it.
3. Expand the **Databases** node
4. Right-click the database in which you would like to import data from a database backup file, then choose **Restore**.



5. In the **Restore** form, complete the following fields:

- **Format** — Choose the format of your backup file.
- **Filename** — Choose the ellipsis icon, then locate and choose the database backup file on your local drive. After the file is highlighted, choose **Select** to go back to the **Restore** prompt. **Note** Choose the **Format** drop-down menu, and select **All files** to view all file formats on your local drive. Your backup file might be saved as a file type that is different than what is selected by default (sql).



- **Number of jobs** and **Role name** — Leave these fields blank.

6. Choose **Restore** to start the import.

Your import may take a few minutes or more depending on the size of the database backup file. After the import is complete, you should see a message similar to the following:

