Docker Compose Cheat Sheet

Lifecycle

Command	What it does
`docker compose up -d`	Start services in detached mode
`docker compose up -d --pull always --force-recreate`	Refresh: pull latest, recreate containers
`docker compose down`	Stop and remove containers, networks
`docker compose stop`	Stop services without removing
`docker compose restart`	Restart all services
`docker ps`	List running containers

Images

Command	What it does
`docker compose pull --no-parallel`	Pull images, serially to reduce flakiness
`docker compose build`	Build images defined with `build:`
`docker compose build --no-cache`	Rebuild from scratch
`docker images`	List local images
`docker rmi <image>`	Remove an image

Logs & Shell

Command	What it does
`docker compose logs -f`	Follow all service logs
`docker logs -f <container>`	Follow one container's logs
`docker exec -it <container> sh`	Shell into a running container
`docker compose exec <svc> sh`	Shell via compose service name

Volumes & Networks

Command	What it does
`docker volume ls`	List volumes

Command	What it does
`docker volume rm <vol>`	Remove volume (careful)
`docker network ls`	List networks
`docker network inspect <net>`	Inspect network details

Health & Status

Command	What it does
`docker inspect <container>`	Full container metadata
`docker stats`	Live CPU, MEM, IO
`docker compose ps`	Status of services
`docker compose top`	Processes per service

Troubleshooting

Command	What it does
`export DOCKER_CLIENT_TIMEOUT=300 COMPOSE_HTTP_TIMEOUT=300`	Extend client timeouts
`docker system df`	Disk usage summary
`docker system prune -f`	Remove unused data (dangling)
`docker builder prune -f`	Clean build cache

Targeted Updates

Command	What it does
`docker compose pull <svc>`	Pull image for one service
`docker compose up -d --no-deps --force-recreate <svc>`	Recreate one service only
`docker pull <repo:tag>`	Pull stubborn image directly

Handy One-Liners

```
# Full refresh and restart
docker compose up -d --pull always --force-recreate

# Gentle update cycle
docker compose pull --no-parallel && docker compose up -d

# Retry a flaky image pull 5 times
for i in {1..5}; do docker pull flowiseai/flowise:1.4.4 && break || sleep 5; done
```