Install *Sakila* Database

- 1. Connect to your MS SQL server instance via SSMS
- 2. Download and unzip 'DB-sakila.zip' from itslearning
- Open and run the first file
 File > Open > File > 1-sql-server-sakila-schema.sql
 Click button 'Execute'
- Open and run second file (this will take a few seconds/minutes)
 File > Open > File > 2-sql-server-sakila-insert-data.sql
 Click button 'Execute'
- Check installation > Open a 'New Query' window and run below query. It should return 1000.
 SELECT count(*) FROM film

Alternatively:

If Management Studio crashes, when running the .sql files, you can restore the database using *sakila.bak* backup file.

Follow these instructions: https://www.quackit.com/sql server/sql server 2016/tutorial/restore a database in sql server 2016.cfm