Here's a well-organized table format of PostgreSQL constraints with examples:

Constraint Type	Description	Example
PRIMARY KEY	Uniquely identifies each row (implicitly NOT NULL)	`CREATE TABLE users (id SERIAL PRIMARY KEY, name VARCHAR(50));`
FOREIGN KEY	Enforces referential integrity between tables	`order_id INT REFERENCES orders(id) ON DELETE CASCADE`
UNIQUE	Ensures all values in column are distinct	`email VARCHAR(100) UNIQUE`
CHECK	Validates data against boolean expression	`age INT CHECK (age >= 18)`
NOT NULL	Prevents NULL values in column	`username VARCHAR(50) NOT NULL`
DEFAULT	Sets default value when not specified	`created_at TIMESTAMP DEFAULT CURRENT_TIMESTAMP`
EXCLUSION	Prevents overlapping values using operators (requires extension)	`EXCLUDE USING GIST (room WITH =, period WITH &&)`

Constraint Actions Table (For Foreign Keys)

Action	Description
`ON DELETE RESTRICT`	Prevents deletion of referenced row (default)
`ON DELETE CASCADE`	Automatically deletes referencing rows
`ON DELETE SET NULL`	Sets foreign key to NULL in referencing rows
`ON DELETE SET DEFAULT`	Sets foreign key to its default value
`ON UPDATE CASCADE`	Updates foreign key values when referenced key changes

Constraint Management Commands

Operation	Command Example
Add constraint	`ALTER TABLE employees ADD CONSTRAINT pk_emp PRIMARY KEY (emp_id);`
Drop constraint	`ALTER TABLE orders DROP CONSTRAINT fk_customer;`
Disable all	`SET session_replication_role = replica;` (temporarily disables constraints)
Enable all	`SET session_replication_role = DEFAULT;`

Constraint Identification Queries

```sql
-- List all constraints for a table
SELECT conname AS constraint_name,
       contype AS type,
       pg_get_constraintdef(oid) AS definition
FROM pg_constraint
WHERE conrelid = 'employees'::regclass;
```

This table format provides a quick reference for all major PostgreSQL constraint types with practical examples and management commands.