

# Restake LSTs

Step 1: Open the EigenLayer App and connect your Web3 wallet. Visit [goerli.eigenlayer.xyz](https://goerli.eigenlayer.xyz) for the most recent EigenLayer Testnet app.

Step 2: Select the token you want to restake.

Step 3: Token Approval. Enter the amount you would like to restake and click `Deposit`.

If this is your first time depositing a token on EigenLayer, you'll need to `Approve` token spending before you can restake. [Token Approval](#) gives a dApp permission to move the specified token from your wallet. Set a spending cap, and click `Next`.

Step 4: Once the token Approval transaction is confirmed, you will be prompted to confirm the `Deposit` transaction.

Step 5: Confirm the `Deposit` transaction via your wallet.

If successful, you will see the corresponding increase in your Restaked balance in the app:

Step 6: Monitor your Staking Rewards & Restaked Ratio on the [homepage](#). [Previous Obtaining Testnet ETH & Liquid Staking Tokens \(LSTs\)](#) [Next Withdraw from EigenLayer](#)