

查看页面缓存：

```
SELECT * FROM sys.dm_os_buffer_descriptors
```

清除页面缓存：

```
CHECKPOINT  
DBCC DROPCLEANBUFFERS
```

查看执行计划缓存：

```
SELECT * FROM sys.dm_exec_cached_plans
```

清除执行计划缓存：

```
DBCC FREEPROCCACHE 或者 DBCC FREESYSTEMCACHE( 'ALL' )
```

综合应用：

```

SELECT * FROM (SELECT database_id,obj.name, i.name AS IndexName,page_type,count(*) AS cach
FROM sys.dm_os_buffer_descriptors AS bd
INNER JOIN
(
    SELECT p.object_id, object_name(p.object_id) AS name
        ,index_id ,allocation_unit_id
    FROM sys.allocation_units AS au
        INNER JOIN sys.partitions AS p
        ON au.container_id = p.hobt_id
        INNER JOIN sys.objects as o
        ON p.object_id = o.object_id
        WHERE (au.type = 1 OR au.type = 3) and o.type in ('U','V')
    UNION ALL
    SELECT p.object_id, object_name(p.object_id) AS name
        ,index_id, allocation_unit_id
    FROM sys.allocation_units AS au
        INNER JOIN sys.partitions AS p
        ON au.container_id = p.partition_id
        INNER JOIN sys.objects AS o
        ON p.object_id = o.object_id
        WHERE au.type= 2 and o.type in ('U','V')
) AS obj ON bd.allocation_unit_id = obj.allocation_unit_id
LEFT JOIN sysindexes i ON obj.object_id = i.id AND obj.index_id = i.indid
GROUP BY database_id,page_type,obj.name, index_id, i.name) AS c
--WHERE database_id = db_id()
ORDER BY database_id,name,IndexName,page_type,cached_pages_count DESC;

```