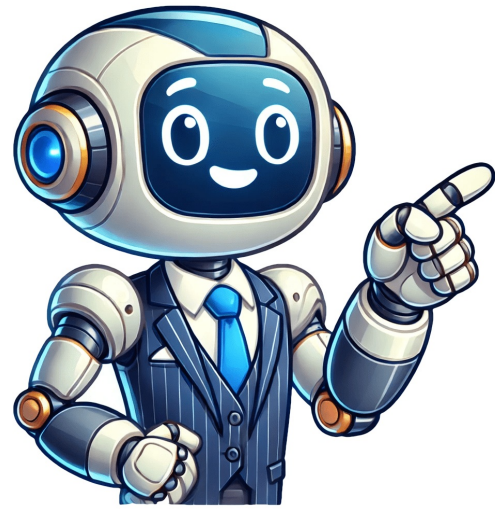Download Article Learn to reset your BIOS from within Windows or by accessing the motherboard Download Article If you want to switch back to your original BIOS version after a bad update, it's easy to reset your PC's BIOS. This procedure can also be helpful if you need to reset your BIOS password. We'll show you how to reset your BIOS from within the BIOS utility itself, or by removing and reseating the CMOS battery on the motherboard. If you cant access the CMOS battery, you can also reset the BIOS by resetting the jumper near the battery. You may be able to reset your BIOS by restarting in the BIOS utility and selecting Setup Defaults or something similar. If you cant start your computer up properly, try removing and replacing the CMOS battery in your motherboard.Resetting the motherboard jumper is a good option if you cant access the CMOS battery.1Restart your computer. Open Start , click the power icon , and click Restart.[1]If your computer is locked, click the lock screen, then click the power icon in the bottom-right corner of the screen and click Restart.If your computer is already off, press your computer's "On" switch. 2Wait for the computer's first startup screen to appear. Once the startup screen appears, you'll have a very limited window in which you can press the setup key.[2] If you see "Press [key] to enter setup" or something similar flash across the bottom of the screen and then disappear, you'll need to restart and try again.Tip: It's best to start pressing the setup key as soon as the computer begins to restart. Advertisement 3Tap Del or F2 repeatedly to enter setup. The key you're prompted to press might also be different; if so, use that key instead.[3]If Del or F2 don't work, try F8, F10, Esc, or Tab . Some computers running Windows 10 or later require you to press and hold Shift instead.For some computers, you'll need to press and hold the appropriate key rather than tapping it.You'll typically use the "F" keys to access the BIOS. These are at the top of your keyboard, though you may have to locate and hold the Fn key while pressing the proper "F" key.You can look at your computer model's manual or online support page to confirm your computer's BIOS key.4Restart in advanced mode if the BIOS key isnt working. If you have Windows 10 or 11 on your computer, you can also enter the BIOS utility via your computers Settings menu. To do it:[4]Open the Start menu and select Settings, then Update & Security.Select Recovery from the sidebar on the left.Click Restart now under the Advanced Setup header.When your computer boots up, youll see a blue troubleshooting screen. Select Troubleshoot > Advanced Options > UEFI Firmware Settings > Restart.5Wait for your BIOS to load. After successfully hitting the setup key, the BIOS will load. This should only take a few moments. When the loading is complete, you will be taken to the BIOS settings menu.If you cannot access your BIOS because you are locked out with a password or it has been corrupted, use one of the other methods in this article.6Find the "Setup Defaults" option. The location and wording of this option varies for every different BIOS, but it will typically be called "Reset to Default", "Factory Default", "Setup Defaults", or something similar. It may be located in one of the tabs or it may be an option listed near the navigation buttons.If your BIOS does not have this option, use one of the other methods following this section.7Select the "Load Setup Defaults" option and press enter. Use the arrow keys to select it; pressing Enter will usually begin resetting your BIOS immediately.Again, the wording of the option you select will likely differ for each BIOS.A dialog box might pop up asking you to confirm the reset. If this happens, select OK or Yes.8Save your changes and confirm your selection if necessary. This will often be combined with the process of exiting a BIOS. Your computer will automatically reboot. If you need to change your BIOS settings once your BIOS resets, you may need to reboot your computer again and enter the BIOS to change them.The process of saving and exiting may vary from one computer to another. For example, you may need to press Esc and then select Save and exit or something similar. Advertisement 1Power down your computer. Either use the Start menu to shut down, or press and hold your computer's power button until the computer shuts down.If you're using a desktop computer, you can usually turn the CPU entirely off by pressing a switch on the back of the CPU box.2Unplug your computer from any power sources. This includes power cables for desktop computers and charging cables for laptops.Also remove anything else that might be plugged into your computer, such as external storage devices, monitors, and other accessories.Some desktop computers have a CMOS reset button that you can press after you power down your computer in order to reset the BIOS without having to actually open your computer. If this is the case for your computer, you can simply use the reset button and skip the rest of the steps.For instance, check the back of your ASUS computer for a CLR_CMOS button or something similar. Follow the instructions in your computers manual to use it correctly.3Remove your computer's battery if necessary. If you're using a laptop (or a desktop with a backup battery), remove the battery before continuing.[5]Not all laptops have a removable battery. In these situations, your computer may have some other process built in for physically resetting the BIOS.For instance, several models of Dell laptop have an RTC (Real Time Clock) reset function that also resets the BIOS. You can read about the process here.4Discharge any static electricity before continuing. Touch a nonpainted metal surface to get rid of any static electricity before you start taking apart your computer. Touching the motherboard or other internal computer components while not properly grounded can permanently damage your computer.5Open your case. You will need to be able to access the motherboard of your computer. Be very careful when working on the inside of your computer, as electrostatic discharge can easily destroy sensitive components.For many laptops, you can access the CMOS battery from a removable panel on the bottom of the laptop. If there is no panel available, you will most likely need to disassemble the laptop to access it.Your computers manual should have information about how to remove the cover and access the motherboard.6Remove the CMOS battery. The battery is typically located near your PCI slots, but it may be in different locations depending on the manufacturer of your motherboard. It may be hidden by expansion cards and cables. The battery is usually a standard 3V, round, flat watch battery (CR2032).[6] 7Press and hold your power button for several seconds. Hold down the power button on your computer for about 10-15 seconds to discharge any remaining power stored in the capacitors. By discharging the power, the CMOS memory will reset, thereby resetting your BIOS.8Reinsert the CMOS battery. Carefully reinsert the CMOS battery back into its housing. Make sure that you have put the battery in the right direction. The slightly smaller side should be facing down.[7]9Reassemble your computer. Do so carefully, and remember to ground yourself periodically.10Reconnect your computer's power source(s). If you unplugged the computer from the wall and/or removed the battery, plug it back in and/or replace the battery.11Turn your computer back on. Depending on your computer, you may have to access the BIOS and reconfigure some of the options, including the default boot option or the date and time.[8] Advertisement 1Power down your computer. 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Depending on your computer, you may have to access the BIOS and reconfigure some of the options, including the default boot option or the date and time. Advertisement Add New Question Question How do I reset my BIOS settings? Luigi Oppido Computer & Tech SpecialistLuigi Oppido is the Owner and Operator of Pleasure Point Computers in Santa Cruz, California. Luigi has over 25 years of experience in general computer repair, data recovery, virus removal, and upgrades. He is also the host of the Computer Man Show! broadcasted on KSQD covering central California for over two years. This should take you to the BIOS menu. From there, follow the onscreen prompts to restore your BIOS settings. Question How do you flash your BIOS? wikiHow Staff Editor Staff Answer This answer was written by one of our trained team of researchers who validated it for accuracy and comprehensiveness. Flashing the BIOS basically means you are updating the BIOS to a newer version. This is a bit too complicated to explain here, and works differently on different computers, but you should be able to find what you need on How to Update Your Computer's BIOS. Question I disabled my monitor on BIOS, and now the BIOS cannot be shown. How do I fix this? Take out the CMOS battery, wait 10 seconds, and reinsert it into the same spot that you found it. (The CMOS battery looks like a silver coin on the motherboard.) See more answers Ask a Question Advertisement Thanks Advertisement Thanks Helpful 51 Not Helpful 18 Advertisement Co-authored by: Computer & Tech Specialist This article was co-authored by Luigi Oppido and by wikiHow staff writer, Megaera Lorenz, PhD. Luigi Oppido is the Owner and Operator of Pleasure Point Computers in Santa Cruz, California. Luigi has over 25 years of experience in general computer repair, data recovery, virus removal, and upgrades. He is also the host of the Computer Man Show! broadcasted on KSQD covering central California for over two years. This article has been viewed 18,732,669 times. Co-authors: 63 Updated: April 30, 2025 Views:18,732,669 Categories: System Maintenance and Repair PrintSend fan mail to authors Thanks to all authors for creating a page that has been read 18,732,669 times. "Fantastic! Such a good explanation that I'm taking the time to write my first-ever comment on a tutorial. I don't know what I would've done without finding this. Thank you so much for having various ways to get around this."..." more Share your story Download Article Learn to reset your BIOS from within Windows or by accessing the motherboard Download Article If you want to switch back to your original BIOS version after a bad update, it's easy to reset your PC's BIOS. This procedure can also be helpful if you need to reset your BIOS password. We'll show you how to reset your BIOS from within the BIOS utility itself, or by removing and reseating the CMOS battery on the motherboard.Resetting the motherboard jumper is a good option if you cant access the CMOS battery.1Restart your computer. Open Start , click the power icon , and click Restart.[1]If your computer is locked, click the lock screen, then click the power icon in the bottom-right corner of the screen and click Restart.If your computer is already off, press your computer's "On" switch. 2Wait for the computer's first startup screen to appear. Once the startup screen appears, you'll have a very limited window in which you can press the setup key.[2] If you see "Press [key] to enter setup" or something similar flash across the bottom of the screen and then disappear, you'll need to restart and try again.Tip: It's best to start pressing the setup key as soon as the computer begins to restart. Advertisement 3Tap Del or F2 repeatedly to enter setup. 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Question How do you flash your BIOS? wikiHow Staff Editor Staff Answer This answer was written by one of our trained team of researchers who validated it for accuracy and comprehensiveness. Flashing the BIOS basically means you are updating the BIOS to a newer version. This is a bit too complicated to explain here, and works differently on different computers, but you should be able to find what you need on How to Update Your Computer's BIOS. Question I disabled my monitor on BIOS, and now the BIOS cannot be shown. How do I fix this? Take out the CMOS battery, wait 10 seconds, and reinsert it into the same spot that you found it. (The CMOS battery looks like a silver coin on the motherboard.) See more answers Ask a Question Advertisement Thanks Advertisement Thanks Helpful 51 Not Helpful 18 Advertisement Co-authored by: Computer & Tech Specialist This article was co-authored by Luigi Oppido and by wikiHow staff writer, Megaera Lorenz, PhD. 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