More RAM generally improves the performance of a computer

RAM allows data and instructions to be stored while the machine is working.

The more RAM available, the more can be stored without having to transfer it from a hard drive - which takes time and creates stress on the hard drive's moving parts and heat.

This is particularly true when working with lots of large files (images, videos etc...) or with applications such as graphics intensive games.

But other uses won't need anywhere near as much RAM - so it would be easy to have too much - which is expensive...

- 2GB: Only really found in budget tablet designs. Fine for them, but you'll want more in a laptop or desktop.
- 4GB: Entry level memory that comes with even budget notebooks. Fine for basic Windows and Chrome OS usage.
- 8GB: Excellent for Windows and MacOS systems and most games. We recommend this for most people.
- 16GB: Ideal for professional work and more demanding games.
- 32GB and beyond: Enthusiasts and purpose-built workstations only.

Remember, buying more RAM than you need doesn't net you any performance benefit. It's effectively wasted money. Buy what you need, and spend what's left of your budget on more important components such as the CPU or graphics card.

My home machine (a 2014 Mac) has 8GB of RAM.

For what I do (image editing, video editing, running multiple apps such as Photoshop and Illustrator), this is plenty.

I could always download some more RAM...

Remember: Memory is RAM