How to restore a Postgres database

Use case: you have a database backup file, and need to import it to a running Postgres.

Debian automatically saves backups of all databases in /var/backup/postgres, let's restore them in a fresh instance of Postgres. This guide can thus be used when restoring service after a crash, migrating to another version of postgres or another server.

Setup the environment

```
USER=foo
DB=bar
BACKUP=/var/backups/postgresql/20140412005701.residents.dump.tar.gz
```

Create the user

```
sudo -u postgres createuser ${USER} -P
```

Notes:

- a password is prompted
- the user must be superuser to replay backups created as a tar file

Create the Database

```
sudo -u postgres createdb ${DB} -O ${USER}
```

Restore

```
gunzip -c ${BACKUP} | pg_restore -h localhost --username=${USER} -d ${DB} -W
```

The user's password (entered just previously) needs to be entered again.

Remove the superuser privileges

```
sudo -u postgres psql << EOF
ALTER ROLE ${USER} NOSUPERUSER;
EOF
```