

# Sessions

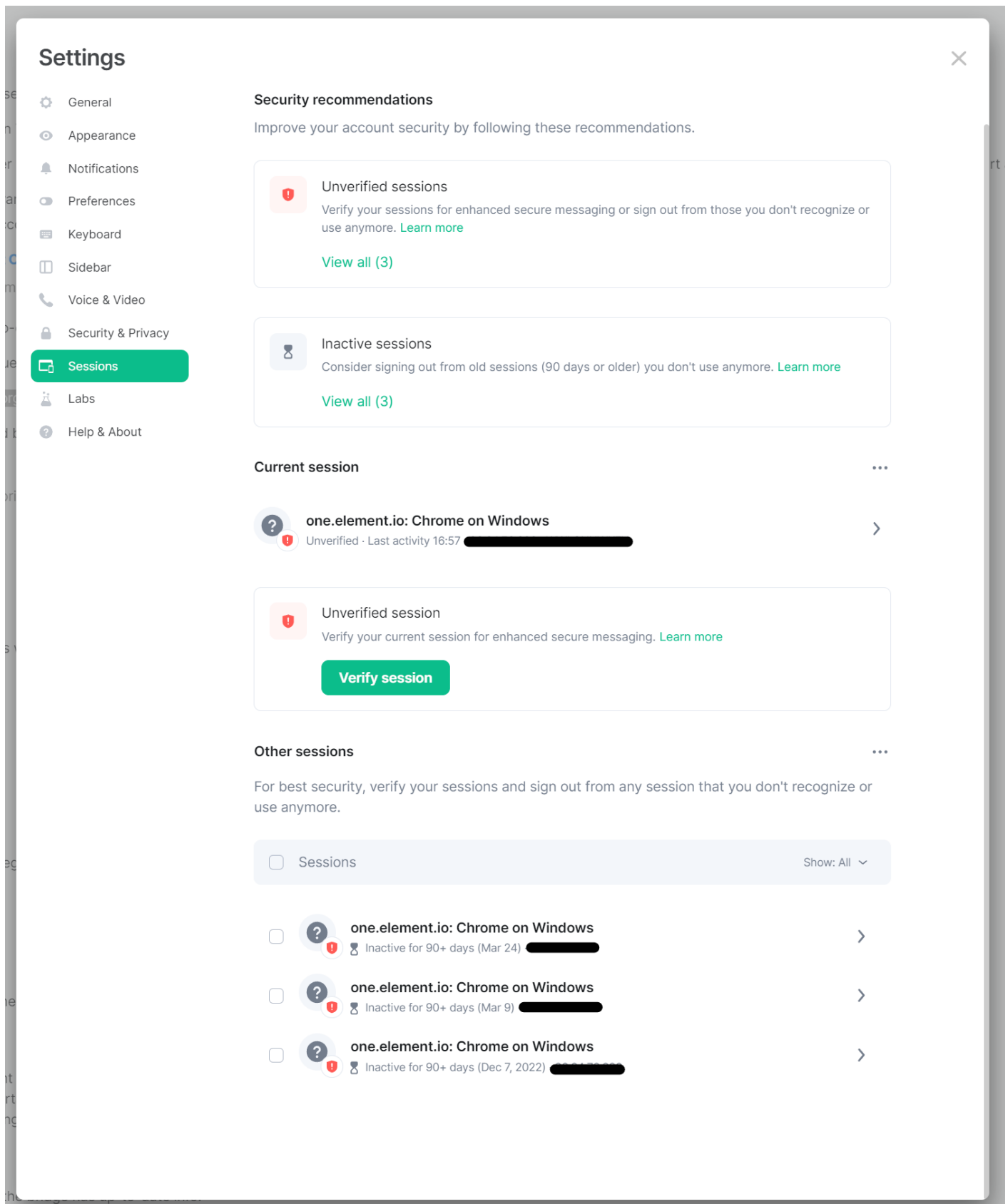
**Disclaimer:** This guide refers to using the Element Matrix clients, [Element Web](#) or [Element Desktop](#) apps

## Accessing Sessions

You can change your Matrix account settings by clicking your profile icon in the top left of the Element client. By default, this will be a colored circle with the first letter of your Matrix ID. From the presented drop-down menu, you'll be able to jump into specific settings straight away, or access [All Settings](#). Clicking [All Settings](#) will take you first to [General](#) settings, click [Sessions](#) in the vertical navigation menu on the left to open [Sessions](#) settings.

**Info:** The below setting layout / order may change in subsequent client updates, however generally most settings will still perform the same function.

## Sessions



The Sessions section allows you to manage the existing logged in sessions you have open across various devices and whether they are verified.

## Security Recommendations

## Security recommendations

Improve your account security by following these recommendations.



### Unverified sessions

Verify your sessions for enhanced secure messaging or sign out from those you don't recognize or use anymore. [Learn more](#)

[View all \(3\)](#)



### Inactive sessions

Consider signing out from old sessions (90 days or older) you don't use anymore. [Learn more](#)

[View all \(3\)](#)

This first section will only appear if there are recommendations about your existing sessions to enhance the security of your account. In the example above, 3 unverified sessions exist, as well as 2 Inactive sessions (in this scenario, they are the same three sessions). Clicking on [View All](#) will filter the [Other Sessions](#) section on the recommendation clicked.

## Current Session

### Current session



#### one.element.io: Chrome on Windows

Unverified · Last activity 16:57 · 



### Unverified session

Verify your current session for enhanced secure messaging. [Learn more](#)

[Verify session](#)

This section will show the details of your current session, i.e. the logged in session on the client you are using. Note, you can have multiple sessions on the same device, for instance, if you are logged in to both the Element Web client and the Desktop client. If the current session is unverified, you will be provided a prompt to begin verification of the session.

Clicking the 3-dot menu in the top right, will open a menu to sign out of the current session (or all sessions). Warning, this will sign you out and you will need to log back into your session on the client.

Sign out

Sign out of all other sessions (3)

Clicking the right pointing arrow beneath the 3-dot menu, will expand to show more details about the session. Additional options include `Signing out of this session`, `Rename` -ing a session and toggling of `Push notifications`.

## Current session



one.element.io: Chrome on Windows

Unverified · Last activity 16:57

Hide details



one.element.io: Chrome on Windows

Rename



Unverified session

Verify your current session for enhanced secure messaging. [Learn more](#)

Verify session

### Session details

Session ID

[REDACTED]

Last activity

16:57

DEVICE

IP address

[REDACTED]

Push notifications

Receive push notifications on this session.



Sign out of this session

# Other Sessions

## Other sessions



For best security, verify your sessions and sign out from any session that you don't recognize or use anymore.

☐ Sessions Show: All ▾

☐

one.element.io: Chrome on Windows

Inactive for 90+ days (Mar 24) [redacted]

>

☐

one.element.io: Chrome on Windows

Inactive for 90+ days (Mar 9) [redacted]

>

☐

one.element.io: Chrome on Windows

Inactive for 90+ days (Dec 7, 2022) [redacted]

>

Much like the section above, this sections shows all other sessions you currently have. As above, the 3-dot menu will reveal the option to sign out of all of these other sessions. You could also individually tick various sessions and then click the then revealed Sign out button to customize which should be signed out.

...

at Sign out of 3 sessions

☐ 2 sessions selected

Sign out Cancel

Along the grey bar, you can also filter the view of other sessions on various options:

- All
- **Verified:** Ready for secure messaging
- **Unverified:** Not ready for secure messaging
- **Inactive:** Inactive for 90 days or longer

Show: All ▾

✓ All

**Verified**

Ready for secure messaging

**Unverified**

Not ready for secure messaging

**Inactive**

Inactive for 90 days or longer

Clicking the right pointing arrow beneath the 3-dot menu, will expand to show more details about the session (see above). Additional options include `Signing out of this session`, `Rename`-ing a session and toggling of `Push notifications`.

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