

Sophos Backup and Recovery for M365 - powered by Rubrik

Secure, automated backup and rapid recovery for Microsoft 365 — protecting Exchange, OneDrive, SharePoint, and Teams against ransomware, accidental deletion, and data loss.

Microsoft 365 runs your business — but its native tools aren't built for fast, large-scale recovery. Recycle bins expire, and litigation hold is for legal discovery, not restoration. When ransomware hits or admin error corrupts data, organizations without dedicated backup face days or weeks of downtime. Sophos Backup and Recovery for M365 closes the gap with air-gapped, immutable backups and fast, granular recovery across every M365 workload.

Use Cases

Ransomware Recovery

Restore clean versions of SharePoint, OneDrive, and mailbox data after an attack — air-gapped, immutable backups remain intact even when admin credentials are compromised.

Accidental Deletion

Recover emails, files, and Teams content instantly — even after Microsoft's recycle bin has expired.

Malicious Insider Damage

Immutable backups remain recoverable regardless of what an insider deletes, corrupts, or tampers with in retention policies.

Compliance and Long-Term Retention

Meet GDPR, HIPAA, and other requirements with retention policies far beyond Microsoft's defaults; delegate via role-based access controls.

Large-Scale Corruption and Misconfiguration

Restore entire sites or mailboxes to a known-good state after sync failures, mass overwrites, or administrative errors — minimizing business disruption.

Business Continuity and Disaster Recovery

Zone-redundant storage and automated failover ensure M365 data remains accessible and recoverable during data centre failures and regional outages.

60%

of organizations have suffered an M365 account takeover

275%

year-on-year increase in ransomware attacks targeting Microsoft 365

14

days to manually restore 1,000 users without a dedicated recovery solution

Key Capabilities

Withstand Cyber Attack

Isolate backups from the M365 tenant with an air gap. WORM-locked immutability, SLA Retention Lock, and Intelligent Data Lock ensure attackers cannot destroy or alter backup data — even with full admin credentials.

- › MFA keeps attackers out even when M365 admin credentials are compromised
- › Unified protection and risk monitoring across on-premises and cloud workloads in one console
- › Industry-standard modern authentication and encrypted connection between M365 and backup storage
- › Bring Your Own Key (BYOK) and Retention Lock with Quorum Authorization prevent policy tampering

Automate Protection and Manage Risk

Protect every user across Exchange Online, OneDrive, SharePoint, and Teams with SaaS-based, policy-driven automation. A single license covers software and storage at fixed, predictable cost.

- › Eliminate manual scheduling with a single dashboard; on-demand or recurring protection and compliance reports

Recover Rapidly

- › Find and restore exactly the data you need — from a single email to an entire OneDrive — with fast search and granular or bulk recovery to the original or any other user.
- › Search by keyword, event title, email subject, author, or date; browse point-in-time snapshots
- › High-performance backup infrastructure scales automatically to meet workload demand
- › Restore SharePoint lists, Teams channel posts, shared mailboxes, or entire OneDrive sites to the preferred location

What's Covered

Exchange Online	Mailboxes; shared mailboxes; folders; inactive users
OneDrive	Files and folders; personal sites; inactive user data
SharePoint	Sites and lists; document libraries; subsites
Microsoft Teams	Channel posts; chats; files; Teams structure

Integrated with Sophos Central

Sophos Backup and Recovery for M365 is managed through Sophos Central — the same single console used to manage endpoint, email, firewall, and MDR protection. This means reduced management overhead, unified visibility across your security posture, and seamless integration with Sophos MDR for accelerated incident response.

- › Single pane of glass management alongside all Sophos products
- › Automated policy-based protection — no manual job scheduling
- › Role-based access control and delegated admin permissions
- › Multi-geo support — store data in the region of your choice
- › Fixed, predictable per-user licensing — software and storage included

About Sophos

Sophos is a cybersecurity leader defending 600,000 organizations globally with an AI-driven platform and expert-led services. Sophos meets organizations wherever they are in their security maturity and grows with them to defeat cyberattacks. Its solutions combine machine learning, automation, and real-time threat intelligence with frontline human expertise from Sophos X-Ops to deliver advanced, 24/7 threat monitoring, detection, and response. Sophos goes to market with a global partner ecosystem, including MSPs, MSSPs, resellers, and distributors.

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