

Sophos Backup and Recovery for M365 - powered by Rubrik

Secure, automated backup and rapid recovery for Microsoft 365

Microsoft 365 is the backbone of modern business — but Microsoft's built-in tools are not designed for rapid, large-scale recovery. Recycle bins expire. Litigation hold is for legal discovery, not data restoration. When ransomware strikes or an admin error corrupts data, organizations without a dedicated backup solution face days or weeks of downtime. Sophos Backup and Recovery for M365 closes this gap with air-gapped, immutable backups and fast, granular recovery across Exchange Online, OneDrive, SharePoint, and Microsoft Teams.

USE CASES

1 | Microsoft 365 is the #1 ransomware target

Desired outcome: Organizations need confidence that their M365 data is protected against ransomware, malicious insiders, and accidental deletion — and that they can recover quickly when something goes wrong.

Solution: Sophos Backup and Recovery for M365 isolates backups from your M365 tenant with an air gap. WORM-locked immutability, SLA Retention Lock, and Intelligent Data Lock ensures attackers cannot destroy or alter backup data — even with full admin credentials compromised. Multi-factor Authentication keeps attackers out, and Bring Your Own Key (BYOK) encryption ensures you retain full control of your data at all times.

2 | Native M365 tools were not built for cyber recovery

Desired outcome: When an incident occurs, organizations need to recover fast — at scale, across all workloads, without weeks of manual effort or uncertainty about whether data can be retrieved at all.

Solution: Sophos Backup and Recovery for M365 delivers granular or bulk recovery from a single email to an entire OneDrive or SharePoint site. Point-in-time snapshots, keyword and date-range search, and automated policy-driven protection eliminate the operational overhead of native recovery tools. Restore to the original user or any other user — cross-user recovery is fully supported across Exchange, OneDrive, SharePoint, and Teams.

3 | Every M365 tenant is a data protection gap waiting to happen

Desired outcome: Organizations of all sizes need a simple, cost-predictable way to protect M365 data that meets compliance obligations, scales automatically as the environment grows, and integrates with their existing security management.

Solution: Sophos Backup and Recovery for M365 is managed from Sophos Central — the same single console used for Sophos Email, Endpoint, Firewall, and MDR. A single per-user license covers software and storage with fixed, predictable costs. Protection policies apply automatically to new users, sites, and Teams as they are created. Multi-geo storage options support data residency requirements, and role-based access controls simplify compliance delegation across teams.

Learn more and get started: [Sophos Backup and Recovery for M365](#)

275%

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

14 days

Time to manually restore 1,000 users using native Microsoft 365 tools

60%

of organizations have suffered an M365 account takeover