

SELECT MACHINE NAME (CLIENT OR SERVER) AND INSTANCE NAMES (SQL SERVER)

To get the instance name:

```
SELECT @@ServerName
```

To get the machine name of the server:

```
SELECT SERVERPROPERTY ("MachineName")
```

To get the machine name of the computer running the query:

```
SELECT host_name()
```

One tip: cast the `serverproperty` as a `varchar` if you want to use it in a string or you will get errors in your stored procedures/queries.