From the Metro Start Screen, open Settings (move your mouse to the bottom-right-corner of the screen and wait for the pop-out bar to appear, then click the Gear icon).

    Click 'More PC Settings'.
    Click 'General'.
    Scroll down, and click 'Restart now' under 'Advanced startup'.
    Wait a bit.
    Click 'Troubleshoot'.
    Click 'Advanced Options'
    Click 'Windows Startup Settings'
    Click Restart.