

Understand Interval Time and Sleep Time

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Interval time and sleep time both affect execution pacing, but they should be used carefully. Prefer condition-based waits when the test needs to wait for application state, and use timing settings only when pacing is the actual test objective.

Concepts

- **Interval time** controls spacing or pacing between repeated activity, depending on the execution configuration.
- **Sleep time** pauses execution for a fixed duration.
- Fixed waits can hide real application issues and make tests slower than needed.

Good practices

1. Use Scenario Editor conditional waits for page readiness, element state, and asynchronous behavior.
2. Use fixed sleep only when the delay itself is required by the business or system workflow.
3. Keep wait values documented and review repeated timeout failures before increasing them.
4. Validate timing changes with a small execution before scaling.

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