Code:

```csharp
// Quick timer in Update
public float totalTimeInSeconds = 5f;
private float timer = 0f;

void Update()
{
    // increase the timer/stopwatch, every second is 1f
    timer += Time.deltaTime;

    if(timer > totalTimeInSeconds)
    {
        // do function
        timer = 0f; // reset timer
    }
}
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Time.deltaTime

Time

Other Time functions: timeScale