Inspect :

command: ["node", "--inspect=0.0.0.0:9229", "src/main.js"
]
   ports:
     - "9229:9229"

Npm module :

node --inspect=127.0.0.1:9221 --inspect-brk /Users/puppalah/bus/metadata-validations/lib/rules/BusinessRule/validate-business-rule-provider.js

node --inspect=127.0.0.1:9221 --inspect-brk <path>

chrome://inspect/#devices