The different types of loops in JavaScript include for loops, while loops, for in loops, for of loops, and do while loops. These can all be very helpful for running commands while something is true and end the loop when whatever you are running turns out false. For example, these loops let us run a prompt where you enter username and password until you enter them correct. Until they are correct while its false you can have an error read back. While true then you can have it read back welcome user.

With a for loop, you can write let i ==0 then if i > 10 it will run from 0 to 9 and end the loop once i reaches 10. This way you can loop information for any given number of times you want it to. The loop will end once it reads false. To create the loop first you need to initialize the variable, then the condition will be checked and if true the final expression is executed.

Sources:

1. <https://www.w3schools.com/js/js_loop_for.asp>
2. <https://www.freecodecamp.org/news/javascript-loops-explained-for-loop-for/#:~:text=Loops%20are%20used%20in%20JavaScript,the%20defined%20condition%20returns%20false%20.>