To automatically insert records into a Microsoft SQL Server Express database at regular intervals, you can use SQL Server Agent for scheduled tasks, but SQL Server Express doesn't support SQL Server Agent. Instead, you can utilize other methods like:

1. \*\*Windows Task Scheduler with a Batch Script\*\*: This involves writing a batch script that executes a SQL script using `sqlcmd`.

2. \*\*Using a Stored Procedure with a Timer\*\*: This method involves creating a loop in a script that repeatedly runs the insert command after a specified interval.

3. \*\*Using a Third-Party Tool\*\*: Tools like SQL Scheduler or similar can be configured to run SQL commands at intervals.

### Method 1: Windows Task Scheduler

1. \*\*Create a SQL Script\*\*:  
   Create a `.sql` file that contains your insert statement. For example, `InsertData.sql`:

   ```sql  
   INSERT INTO YourTable (Column1, Column2, Column3)  
   VALUES (Value1, Value2, Value3);  
   ```

2. \*\*Create a Batch File\*\*:  
   Create a `.bat` file (e.g., `RunInsert.bat`) to execute the SQL script using `sqlcmd`. The command would look like this:

   ```bat  
   sqlcmd -S YourServerName -d YourDatabaseName -E -i "C:\path\to\InsertData.sql"  
   ```

   Replace `YourServerName`, `YourDatabaseName`, and the path with your actual values.

3. \*\*Set Up Windows Task Scheduler\*\*:  
   - Open Task Scheduler.  
   - Create a new task.  
   - In the "Triggers" tab, set the frequency (e.g., daily, weekly, or at specific intervals).  
   - In the "Actions" tab, set it to start your batch file.

### Method 2: Using a Stored Procedure with a Timer

This method is less common and requires a bit of creativity, as SQL Server doesn’t have a built-in way to pause execution.

1. \*\*Create a Stored Procedure\*\*:  
   Write a stored procedure that performs the insert. For example:

   ```sql  
   CREATE PROCEDURE InsertRecord  
   AS  
   BEGIN  
       INSERT INTO YourTable (Column1, Column2, Column3)  
       VALUES (Value1, Value2, Value3);  
   END  
   ```

2. \*\*Loop with Wait\*\*:  
   You could create an infinite loop with a wait time, but this is not recommended for production due to resource usage. Instead, use a scheduled job as mentioned above.

### Method 3: Third-Party Tools

- Look for third-party scheduling tools that can execute SQL scripts against SQL Server Express at specified intervals.

### Summary

For SQL Server Express, using Windows Task Scheduler with a batch file is the most practical approach for automatically inserting records at intervals. This method allows for flexibility and ease of maintenance. If you need further guidance on any of these steps, let me know!