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Scale the app

Right now, your app is running on a single web dyno. Think of a dyno as a lightweight container that runs the command specified in the Procfile.

You can check how many dynos are running using the ps command:

```
> heroku ps
=== web (Free): `web: puma -t 5:5 -p ${PORT:-3000} -e ${RACK_ENV:-development}`
web.1: up 2014/07/07 12:42:34 (~ 23m ago)
```

By default, your app is deployed on a free dyno. Free dynos will sleep after a half hour of inactivity (if they don't receive any traffic). This causes a delay of a few seconds for the first request upon waking. Subsequent requests will perform normally. Free dynos also consume from a monthly, account-level quota of free dyno hours (https://devcenter.heroku.com/articles/free-dyno-hours) - as long as the quota is not exhausted, all free apps can continue to run.

To avoid dyno sleeping, you can upgrade to a hobby or professional dyno type as described in the Dyno Types (https://devcenter.heroku.com/articles/dyno-types) article. For example, if you migrate your app to a professional dyno, you can easily scale it by running a command telling Heroku to execute a specific number of dynos, each running your web process type.

Scaling an application on Heroku is equivalent to changing the number of dynos that are running. Scale the number of web dynos to zero:

```
$ heroku ps:scale web=0
```

Access the app again by hitting refresh on the web tab, or heroku open to open it in a web tab. You will get an error message because you no longer have any web dynos available to serve requests.

Scale it up again:

```
$ heroku ps:scale web=1
```

For abuse prevention, scaling a non-free application to more than one dyno requires account verification.

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I know how to scale my app (scale-the-app)

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