# JVM优化工具

## 1. 打印对象内存

#### 需要引入jar包:

#### 打印结果:

```
Running 64-bit HotSpot VM.
Objects are 8 bytes aligned.
java.lang.Integer object internals:
OFFSET SIZE TYPE DESCRIPTION
                                   VALUE
 a
     4
          (object header)
                                 4
     4
          (object header)
                                 (object header)
(object header)
 8
     4
                                 48 33 36 97 (01001000 00110011 00110110 10010111) (-1758055608)
12 4
                                 16 4 int Integer.value
           (loss due to the next object alignment)
20 4
Instance size: 24 bytes (reported by Instrumentation API)
Space losses: 0 bytes internal + 4 bytes external = 4 bytes total
```

### 2. Jconsole

### 3. JOL

Code Tools: jol

# 更多

JVM 监控以及内存分析 | jcmd | GC时间