Figure 1: Using recursive setTimeout guarantees the interval will be the same between executions. Taken from Scheduling: setTimeout and setInterval

The example using setInterval does things differently. The interval we choose for setInterval includes the code we want to run in its execution. Let's say that the code takes 40 milliseconds to run, then the interval ends up being only 60 milliseconds.
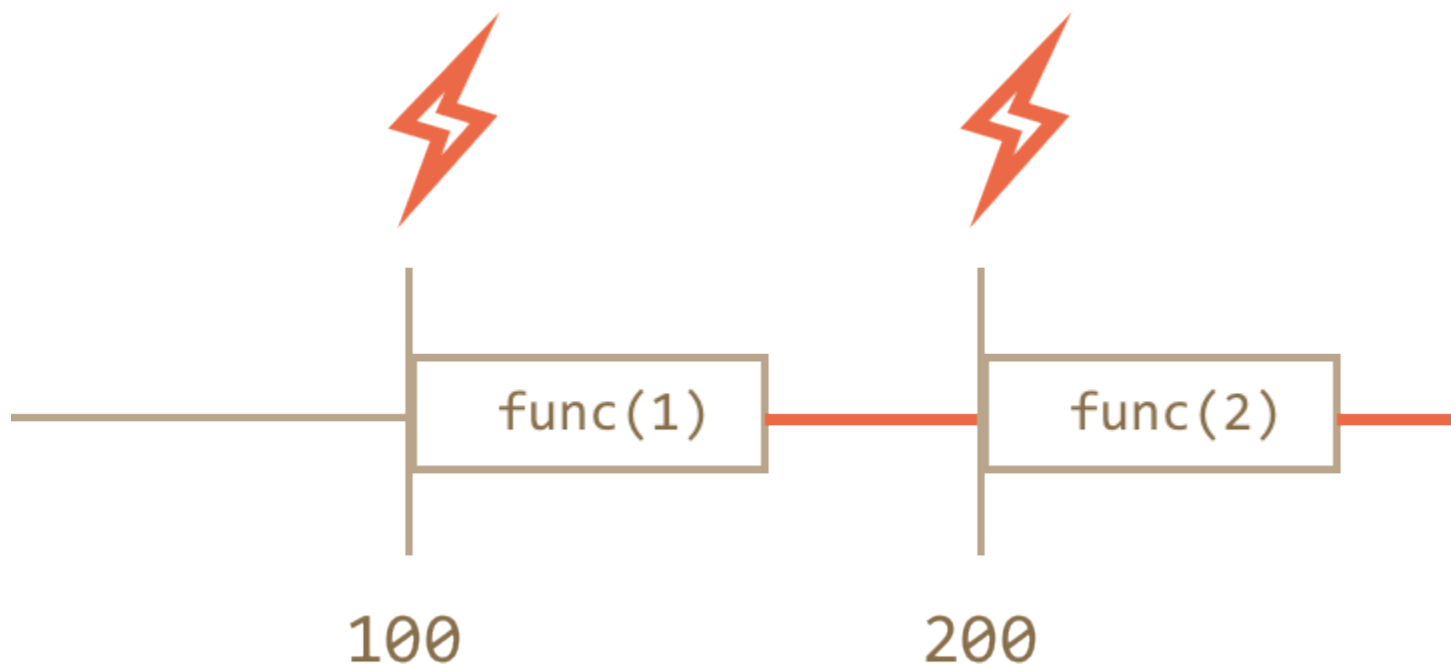

Figure 2: The interval we set for setInterval includes our own code execution. Taken from Scheduling: setTimeout and setInterval