Amazon SQS - Long Polling

- When a consumer requests messages from the queue, it can optionally "wait" for messages to arrive if there are none in the queue
- This is called Long Polling
- LongPolling decreases the number of API calls made to SQS while increasing the efficiency and latency of your application.
- The wait time can be between I sec to 20 sec (20 sec preferable)
- Long Polling is preferable to Short Polling
- Long polling can be enabled at the queue level or at the API level using WaitTimeSeconds

