Mastering Claude Max: Your Guide to Usage Monitoring and Optimization
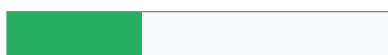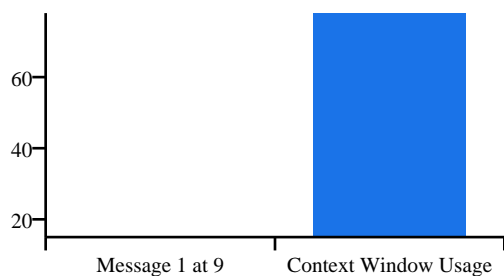
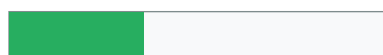How /usage, /context, and /stats commands help Claude Max subscribers stay in control

Key Insights

- Claude Max subscriptions use 5-hour rolling reset windows (not daily resets), requiring active timing awareness to avoid mid-task limits

- /usage, /context, and /stats provide real-time quota monitoring, token optimization, and behavioral insights respectively

- Cross-platform usage (web, desktop, CLI, mobile) draws from the same shared message pool—invisible consumption across platforms is the most common cause of surprise limits

- Conscious model selection (Sonnet for 80% of tasks vs. defaulting to Opus) can effectively double capacity by avoiding weekly model caps

- Users who integrate monitoring routines (checking /usage 2-3x daily, /context during long sessions, /stats weekly) operate 30-40% more efficiently than reactive users

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Metrics

Bar chart with categories "Message 1 at 9" and "Context Window Usage", y-axis values 20, 40, 60

More efficiently: 35%

Your: 35%

The Max Subscriber's Dilemma

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/context: Optimizing Your Token Budget

• Start fresh sessions for new topics

• Avoid pasting enormous error logs—summarize instead

• Monitor with /context every 50-100 messages

Cross-Platform Usage: The Shared Pool Reality

• Heavy development → Claude Code (rich tooling)

• Document analysis → Claude Desktop (file uploads)

• Quick questions → Web/mobile