```
import gspread
from google.oauth2.service_account import Credentials
from datetime import datetime
import random
import time

# Define the scope and authorize with Google Sheets
SCOPES = ["https://www.googleapis.com/auth/spreadsheets",
"https://www.googleapis.com/auth/drive"]
credentials = Credentials.from_service_account_file("Iot123.json", scopes=SCOPES)
gc = gspread.authorize(credentials)

# Open spreadsheet and select worksheet
spreadsheet = gc.open("IoT123")
worksheet = spreadsheet.get_worksheet(0)  # First sheet (index-based access)

# If the sheet is empty, add headers
if not worksheet.get_all_values():
    worksheet.append_row(["Date", "Time", "Temperature (°C)", "Humidity (%)"])

# Function to simulate sensor data
def generate_sensor_data():
    return {
        "date": datetime.now().strftime("%Y-%m-%d"),
        "time": datetime.now().strftime("%H:%M:%S"),
        "temperature": round(random.uniform(20.0, 35.0), 2),
        "humidity": round(random.uniform(30.0, 70.0), 2)
    }

# Insert 10 rows of data
for _ in range(10):
    data = generate_sensor_data()
    row = [data["date"], data["time"], data["temperature"], data["humidity"]]
    worksheet.append_row(row)
    time.sleep(1)  # Delay to avoid quota issues

print("IoT data sent successfully to Google Sheets!")
```