Chapter 5 – Type Narrowing

1. Introduction
   1. Type narrowing is when TypeScript can infer more specific types based on the variable’s surrounding code.

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| --- |
| function formatDate(date: string | number) {  // date can be a number or string here    if (typeof date === 'string') {  // date must be a string here  }  } |

1. Type Guards
   1. One way that TypeScript can narrow a type is with a conditional statement that checks if a variable is a specific type.