15. Demonstrate how monitors are used.

Monitors in Postman are used to automatically run collections and test scripts at regular intervals. This can be useful for monitoring the health and performance of your APIs.

To create a monitor, follow these steps:

Click the Monitors tab in the sidebar.

Click the + button to create a new monitor.

Enter a name for your monitor and select the collection that you want to run.

Specify the run schedule for your monitor. You can choose to run your monitor on a regular basis, such as every minute, hour, day, or week. You can also choose to run your monitor on a specific date and time.

Click the Create button.