15. Monitors in Postman are automated tests that run at scheduled intervals to check the performance and functionality of your APIs. Monitors can be used to ensure that your APIs are always available and functioning correctly, even when you are not actively testing them.

To create a monitor in Postman, you first need to create a collection of requests that you want to test. You can then set up a monitor to run these requests at a specified interval, such as every hour or every day. When the monitor runs, it will send the requests to your API and check the responses for errors or issues.