Time Complexity rule of thumbs:

1. Arithmetic operations are constant
2. Variable assignment is constant
3. Accessing elements in an array (by index) or object (by key) is constant
4. In a loop, the complexity is the length of loop times the complexity of whatever happens inside of the loop

Space Complexity rule of thumbs:

1. Most primitives (bool, numbers, undefined, null) are constant-space
2. Strings require O(n) space (where n is the string length)
3. Reference types are generally O(n), where n is the length (for arrays) or the number of keys (for objects)