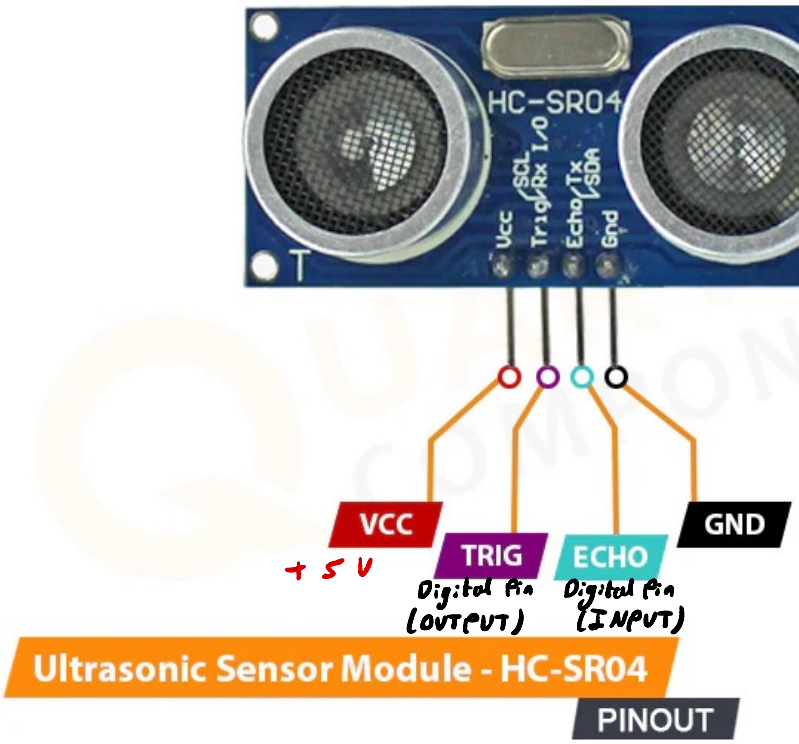

The module expects a 10 microsecond pulse of HIGH on TRIG pin to send out the sound waves.

Then, to get time taken for sound to be received, we use pulseIn(echoPin, HIGH); (TIME IS IN MICROSECONDS)

Divide duration by 2 to get time taken for sound wave to reach the object (in microseconds μs)

Speed of sound is 343 $m\,s^{-1}$ which is 34300 $cm\,s^{-1}$
which is 0.0343 $cm\,\mu s^{-1}$

So total distance in cm is $0.0343\left(\frac{\text{duration}}{2}\right)$

ALTERNATIVE - VL6180X ToF light Sensor. More accurate and allows readings at closer distances from wall.
Accurate in approx. range 5mm - 100 mm.
Could maybe try to combine with longer range VL53L0X (50 mm - 1200 mm)