```
int64_t cpucycles(void)
{ // Access system counter for benchmarking
    struct timespec time;
    clock_gettime(CLOCK_MONOTONIC, &time);
    return (int64_t)(time.tv_sec*1e9 + time.tv_nsec);
}
```

For measuring elapsed time, CLOCK_MONOTONIC is recommended. This clock will not necessarily reflect the time of day but, unlike CLOCK_REALTIME, it is guaranteed to always be linearly increasing (although not necessarily between reboots). CLOCK_MONOTONIC is affected by adjustments caused by the Network Time Protocol (NTP) daemon. However, NTP adjustments will not cause this clock to jump; it's rate might be adjusted to compensate for clock drift. CLOCK_REALTIME, on the other hand, may leap forward or even backward after a time adjustment.