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Subject: Re: running program at different speeds  
Posted by [dolik.rce](#) on Wed, 08 Aug 2012 07:54:08 GMT  
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varu wrote on Wed, 08 August 2012 08:53Dear Sir,

Is there any way to run my loop in my program at different time period in core console app..for example i want to run my program every 10ms only instead of the speed at which is running now..

thanks  
varun

Hi Varun,

I'm not sure if I understand correctly, but to slow down any loop, you can just insert call to

```
Sleep(int ms) in it. E.g.:while(work_not_done){  
    //do something  
    Sleep(10); // wait ~10 ms before continuing  
}
```

Sleep is defined in Core package, so it can be used in any application. If you are using Threads, there is also similar function Thread::Sleep().

Best regards,  
Honza

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