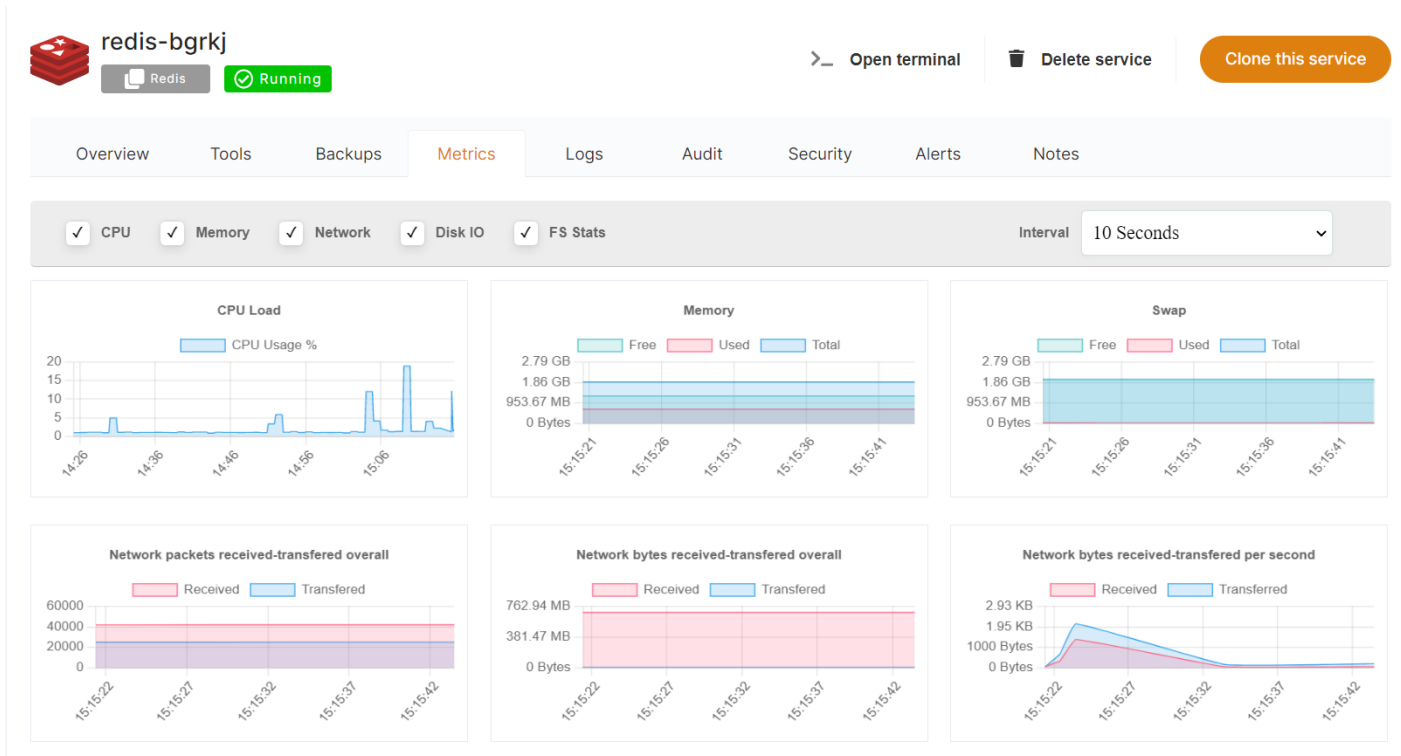# Metrics

Metrics tabs allow you to view your service's metrics in real-time.

You can configure the update period to as low as a 1-second interval.

> Enabling additional metrics in real-time will use additional CPU while you are viewing the Dashboard. To limit CPU usage, increase the update period interval or select fewer metrics.

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