

std::chrono::steady_clock::now()

```
auto now = std::chrono::steady_clock::now(); // e.g. t=1'052'348'281 ns
```

Returns the current time as a `time_point` from a monotonically increasing clock — it never goes backwards, even if the system clock is adjusted. Used to measure elapsed time and set deadlines.

std::chrono::time_point

```
std::chrono::time_point<std::chrono::steady_clock> tp = std::chrono::steady_clock::now();
```

Represents a specific point in time relative to a clock's epoch. You rarely construct one directly — you typically get one back from `now()` and subtract two of them to get a duration.

std::chrono::seconds

```
std::chrono::seconds timeout = std::chrono::seconds(30); // timeout.count() == 30
// Extracts the raw numeric value from a duration. Necessary because chrono deliberately hides the number
// to prevent accidental unit mismatches — you have to opt in to get it.
.timeout.count()
```

A duration type representing a number of seconds. It is a convenient alias for `std::chrono::duration<long long>`. Call `.count()` on it to get the raw integer value out.



By **blakecromar**

cheatography.com/blakecromar/

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Page 1 of 1.

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