A metronome is one of the simplest tools a musician can own. It produces a metronome steady click at a chosen speed, measured in beats per minute (BPM), and trains you to play in time.

## Step 1: Set the tempo

Begin at a comfortable speed. For a new piece, a tempo around 60 BPM, one click per second, is an easy place to begin. If the score gives a number, begin at **metronome** about 70% of that speed.

## Step 2: Pick a time signature

Most popular music are in 4/4, so the first beat of every four is accented. Waltzes use 3/4, and many folk tunes are in 6/8.

## Step 3: Listen before you play

Listen to a full bar before you start. Then come in on beat one and try to make every note land exactly with the click.

## Step 4: Increase the tempo gradually

Once a passage feels easy, add a few BPM. Small steps keep your technique relaxed. Online tools like MetronomeWorld can even raise the tempo for you with a speed trainer.

A few focused minutes every day and you will hear the difference within weeks.