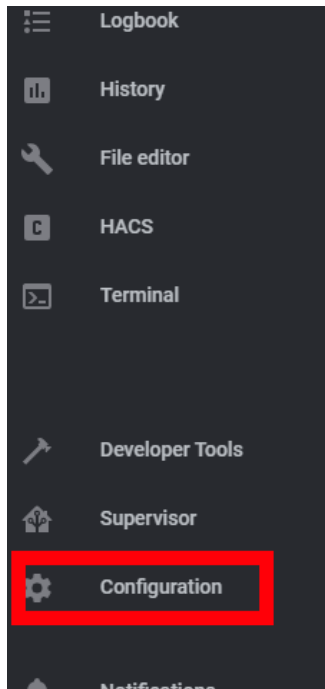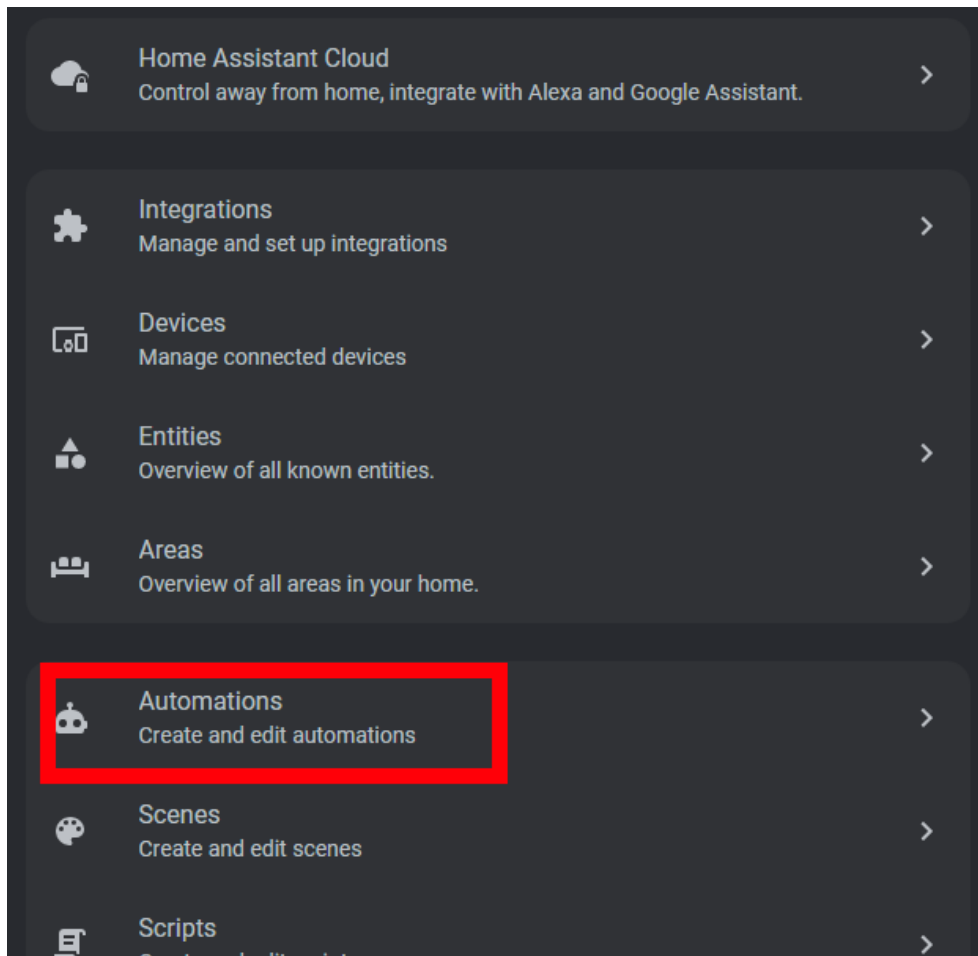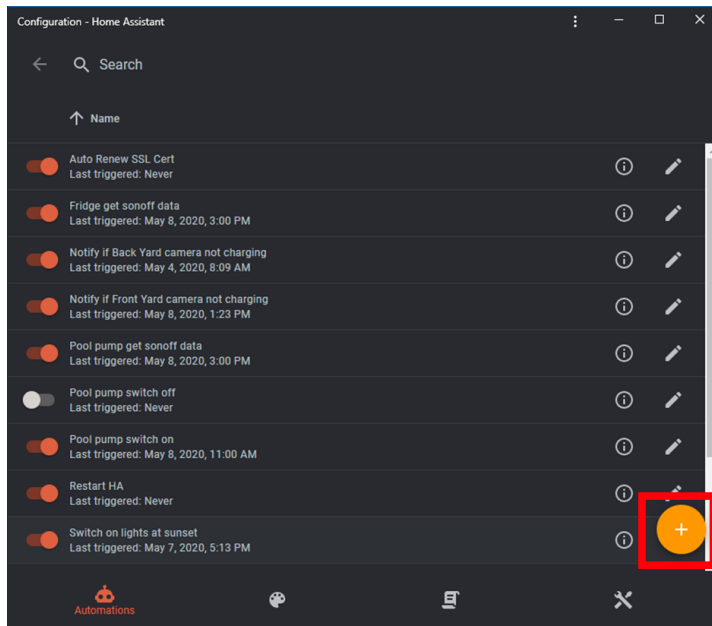In the Home assistant screen, click on *Configuration* on the left side
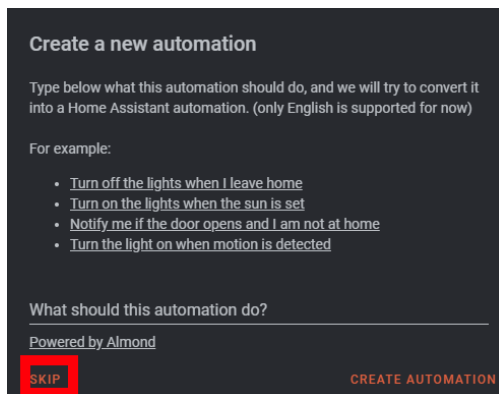

Then choose *Automations*

Then click on the yellow + button to add a new automation

You can skip the first screen, this is only required if you are running a voice assistant on Home Assistant

Give your automation a name.
For the trigger set it to *time pattern*, this will repeat whenever the time matches your criteria. By setting the minutes to /5 you are saying match the time whenever the minute is divisible by 5, so every 5 minutes. If you want it every 15 minutes then make it /15.

Add a condition to only execute the automation when it meets this condition.
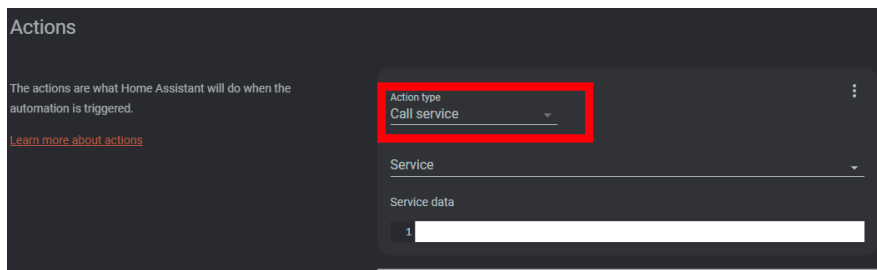Choose *State* for the condition type.
Select your Sonoff POW from the list of Entities

After selecting you Sonoff POW you must set the *state* to *on*. Just type *on* in the field.
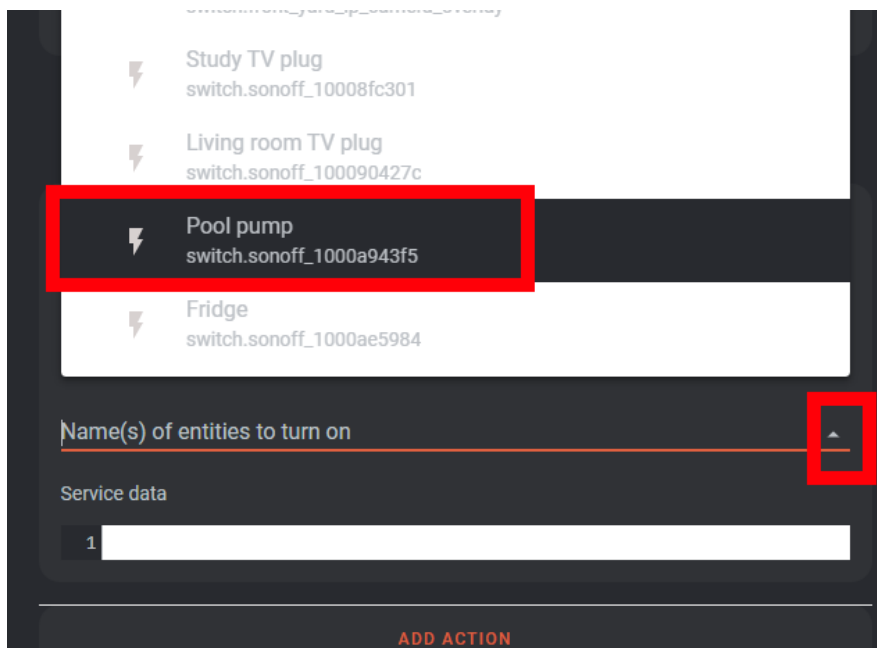
Next we must specify the action to perform. Choose *Call Service* for the *Action type.*

For the *Service* we will choose *switch.turn_on*
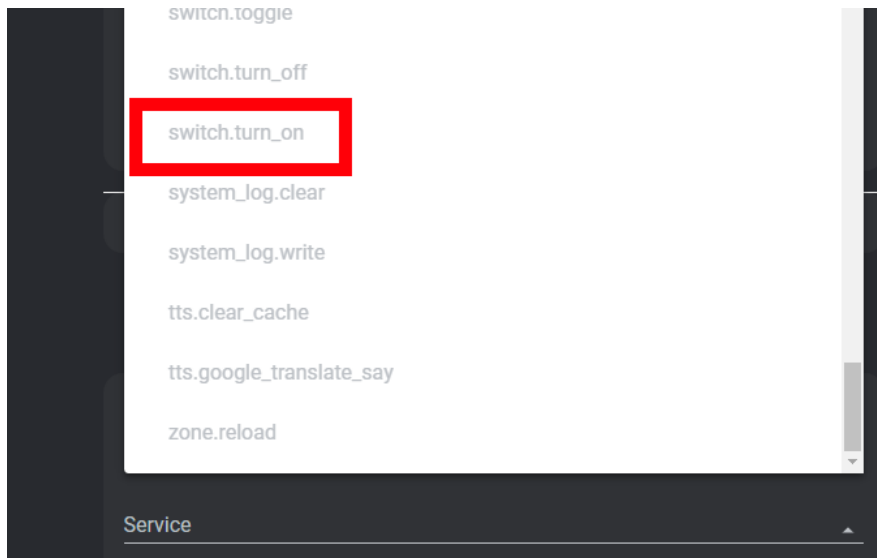
We must select the Sonoff POW for the entity we want to turn on

All done! Now just *save* the automation by clicking on the save icon