**Coffin Break**

Max Score: 4

Hiroto has just woken up from a concussion. He is inside a dark, wooden box with only his clothes and his watch. He knows that he entered the box at 4am in the morning.

Write a program that calculates how long Hiroto spent in the box.

* If the time he spent in the box is an hour, output the time he spent in the box and the phrase “Hiroto is starting to hyperventilate.” on the next line.
* If the time he spent in the box is more than an hour and less than or equal to 3 hours, output the time he spent in the box and the phrase “Hiroto is starting to feel lightheaded." on the next line.
* If the time he spent in the box exceeds 3 hours, output the time he spent in the box and the phrase “Hiroto is wretched from the box by his friend.” on the next line.

**Input Format**

input = the time when Hiroto wakes up

**Constraints**

Input = string, whole numbers Watch time = integer

**Output Format**

* Hiroto has spent time hours in the box.
* Hiroto is starting to hyperventilate/feel lightheaded/wretched from the box by his friend.

**Sample Input 0**

5am

**Sample Output 0**

Hiroto has spent 1 hours in the box.

Hiroto is starting to hyperventilate.