Real-time Mutate Summary

Scenario:

- Data is big: std::atomic<>::is_always_lock_free == false
- The real-time thread *can* mutate the object
- Real-time thread will not fail to acquire the resource

Trade-off:

- The non-real-time thread can not mutate the object
- Non-real-time thread will wait on the real-time thread
- Overhead of copying on the non-real-time & real-time thread

Examples:

- Sharing large data from the real-time thread to the non-real-time thread
- GUI visualisations, frequency spectrums, oscilloscopes etc.

Both Mutating

