```
import RPi.GPIO as GP
from time import sleep

GP.setwarnings(False)
GP.setmode(GP.BOARD)
GP.setup(8,GP.OUT,initial=GP.LOW)

while True:  #infinite loop
    GP.output(8, GPIO.HIGH)  # Turn on
    print("The LED is ON")
    sleep(2)  # Sleep for 2 second

GP.output(8, GPIO.LOW)  # Turn off
    print("The LED is OFF")
```

Sleep for 2 second

sleep(2)