

```
public class SleepExample {  
    public static void main(String[] args) {  
        Toolkit toolkit = Toolkit.getDefaultToolkit();  
        for(int i=0; i<10; i++) {  
            toolkit.beep();  
            try {  
                Thread.sleep(3000);  
            } catch (InterruptedException e) {  
            }  
        }  
    }  
}
```