```java
package implementation;

public class SleepWaitExample {
    public static void main(String[] args) throws InterruptedException {

        Object lock = new Object();

        Thread sleepThread = new Thread(() -> {
            synchronized (lock) {
                try {
                    System.out.println("Sleeping for 5 seconds...");
                    Thread.sleep(5000);
                    System.out.println("Done sleeping.");
                } catch (InterruptedException e) {
                    e.printStackTrace();
                }
            }
        });

        Thread waitThread = new Thread(() -> {
            synchronized (lock) {
                try {
                    System.out.println("Waiting for a signal...");
                    lock.wait();
                    System.out.println("Received a signal.");
                } catch (InterruptedException e) {
                    e.printStackTrace();
                }
            }
```

```java
        });

            sleepThread.start();
        waitThread.start();



        sleepThread.join();



        synchronized (lock) {
            lock.notify();
        }
    }
}
```