_create_insts_lengths(channels: List[PulseBlasterChannel], all_off_padding:int=0)

- Is an intermediate step to generate pb instructions:
 - o Generates two array of equal lengths called inst_lengths and switch_falgs
 - o Inst_lengths are durations of a instructions
 - o Switch_flags are flags that toggle the state of the channel i.e: off-> to on and on-> off.
- This two array allows to compute the output state of pulse blaster.

Example of desired pulse program



