**package** SleepWait;

**public** **class** SleepWait {

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

Object lock = **new** Object(); // Object to use as lock

// Sleep example

System.***out***.println("Thread 'main' is sleeping for 1 second.");

Thread.*sleep*(1000);

System.***out***.println("Thread 'main' is woken after sleeping for 1 second.");

// Wait example

**new** Thread(() -> {

**synchronized** (lock) {

**try** {

System.***out***.println("Object '" + lock.toString() + "' is waiting for 1 second.");

lock.wait(1000); // Wait for 1 second or until notified

System.***out***.println("Object '" + lock.toString() + "' is woken after waiting for 1 second.");

} **catch** (InterruptedException e) {

e.printStackTrace();

}

}

}).start();

}

}

