```cpp
void FrameFrequencyRestriction::Sync()
{
    a = std::chrono::high_resolution_clock::now();
    auto restrictionWorkTime = WorkTimeUs();
    constexpr double divisor = 1000.0 * 1000.0;

    if (restrictionWorkTime.count() < FrameDurationUs())
    {
        std::chrono::duration<double, std::micro> delta_us(FrameDurationUs() - restrictionWorkTime.count());
        auto delta_us_duration = std::chrono::duration_cast<std::chrono::microseconds>(delta_us);

        Sleep(delta_us_duration.count() / divisor);
    }

    b = std::chrono::high_resolution_clock::now();
}
```