Instructions:

1. Click on File -> Make a copy

Include your IPO Chart with your code in Eclipse IDE: We will discuss and demonstrate this in the computer lab.

IPO CHART

Program name:	How Long You Have Spent Sleeping (Sleep)	
INPUT	PROCESS	OUTPUT
Hint: What will the user input?	Hint: What is the program going to do with the input information?	Hint: What will the screen display after user input?
The user will need to enter their birthdate and today's date (year, month, day). Eg. Enter your birthdate: Year: 2010 Month: 2 Day: 25 Enter today's date: Year: 2025 Month: 9 Day: 18 (int birthYear, birthMonth, birthDay, currentYear, currentDay)	The program will take the input dates, calculate the number of days the user has been alive (using 365 days/year and 30 days/month), then calculate the total hours slept (days × 8). (int daysAlive, hoursSlept)	The output would be the total days alive (with commas) and total hours slept (with commas) Eg. Enter your birthdate: Year: 2010 Month: 2 Day: 25 Enter today's date: Year: 2025 Month: 9 Day: 18 You have been alive for 5,678 days. You have slept 45,424 hours. (String)