hpm's sendBits calculation logic cheat sheet						
requested	running	startable	stoppable		desc	sendBits
0	0	0	0		no ACs needed, all need rest	0
0	0	1	0		no ACs needed, can ADD	1
0	0	2	0		no ACs needed, can ADD	1
1	0	0	0		1 AC needed, all need rest	0
1	1	0	0		1 AC needed, 1 running, cannot ADD or REMOVE	0
1	1	1	0		1 AC needed, 1 runnning, second is ready to GO	1
1	1	1	1		1 AC needed, 1 runnning, second is ready to GO, running is able to STOP	3
1	1	0	1		1 AC needed, 1 runnning, running is able to STOP, second needs rest	2
2	0	0	0		2 ACs needed, all need rest	0
2	0	1	0		cannot happen - as soon as an AC is available when requested - its ON	
2	1	0	0		2 ACs needed, 1 running, cannot ADD or REMOVE	0
2	1	1	0		cannot happen - as soon as an AC is available when requested - its ON	
2	2	0	0		2 ACs needed, 2 running, cannot ADD or REMOVE	0
2	2	0	1		2 ACs needed, 2 running, can REMOVE	2
2	2	0	2		2 ACs needed, 2 running, both can be stopped	3