**Sleeping a thread (sleep () method):**

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| The sleep () method of Thread class is used to sleep a thread for the specified time. Syntax: |

**Syntax of sleep () method:**

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| --- |
| The Thread class provides two methods for sleeping a thread:   * public static void sleep(long milliseconds)throws InterruptedException * public static void sleep(long milliseconds, int nanos)throws InterruptedException |

Program of sleep() method

class Multi extends Thread

{

 public void run()

{

   for(int i=1;i<5;i++)

{

     try

{

thread.sleep(500);

}

catch(InterruptedException e)

{

System.out.println(e);

}

System.out.println(i);

   }

  }

  public static void main(String args[])

{

   Multi t1=new Multi();

   Multi t2=new Multi();

    t1.start();

   t2.start();

  }

}

Output:1

1

2

2

3

3

4

4

5

5

|  |
| --- |
| As you know well that at a time only one thread is executed. If you sleep a thread for the specified time, the thread scheduler picks up another thread and so on. |