**Writing the program in Java to demonstrate sleep() and wait()**

**public class MyClass**

**{**

**private static Object LOCK = new Object();**

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

**{**

**Thread.sleep(1000);**

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

**synchronized (LOCK)**

**{**

**LOCK.wait(1000);**

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

**}**

**}**

**}**