**sleep** is a method that is used to **hold the process for the time wanted** but in the case of the **wait** method **thread goes in a waiting state** and it **won’t come back automatically** until the **notify or notifyAll method** is called.

A waiting thread can be "woken up" by another thread calling notify on the monitor which is being waited on whereas a sleeping thread cannot. Also, a **wait (and notify) must happen in a block synchronized** on the monitor object whereas sleep does not.

The major difference is that wait() releases the lock or monitor while sleep() doesn’t release any lock or monitor while waiting.

synchronized(LOCK) {

Thread.sleep(1000); // LOCK is held

}

synchronized(LOCK) {

LOCK.wait(); // LOCK is not held

}

**wait** is used for **inter-thread communication** while **sleep** is used to **introduce pause on execution**.