**Description:**

* Tells you about the best time to wake up if you are going to sleep now or else you want to sleep at other time.
* Tells you about the best time to sleep if you want to wake up at a specific time
* Human sleeping is composed of a 5 number of "sleeping cycles”.
* Humans need 15 minutes to sleep and start the first cycle.
* Between every two cycles, there is a 15 minutes gap which is the best time for a person to wake up refreshed

**Mode1:**

**Inputs:**

Hello User!.The current time is : 11:19:17

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You have five sleeping life cycle every day!

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select mode to know about life cycles:

1--To know about Wake up time

2--To know about start of sleep time

1

Enter 1 for current time to sleep or Enter 2 for specific time to sleep

1

**Outputs:**

Starting Time cycle 1 for Sleep: 11:19:17

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 13:05:10

Starting Time cycle 2 for Sleep: 11:19:17

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 14:50:10

Starting Time cycle 3 for Sleep: 11:19:17

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 16:35:10

Starting Time cycle 4 for Sleep: 11:19:17

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 18:20:10

Starting Time cycle 5 for Sleep: 11:19:17

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 20:05:10

**Mode2:**

**Inputs:**

Hello User!.The current time is : 11:21:18

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You have five sleeping life cycle every day!

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select mode to know about life cycles:

1--To know about Wake up time

2--To know about start of sleep time

1

Enter 1 for current time to sleep or Enter 2 for specific time to sleep

2

Enter the time in format H:M:S:

Time:12:30:00

**Outputs:**

Starting Time cycle 1 for Sleep: 11:21:18

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 14:15:00

Starting Time cycle 2 for Sleep: 11:21:18

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 16:00:00

Starting Time cycle 3 for Sleep: 11:21:18

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 17:45:00

Starting Time cycle 4 for Sleep: 11:21:18

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 19:30:00

Starting Time cycle 5 for Sleep: 11:21:18

You are having 15 minutes bonus time for preparation to get deep sleep!

Wake up time: 21:15:00

**Mode3:**

**Inputs:**

Hello User!.The current time is : 11:23:04

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You have five sleeping life cycle every day!

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select mode to know about life cycles:

1--To know about Wakeup time

2--To know about start of sleep time

2

Enter the wakeup time in format H:M:S:

Time: 22:00:00

**Outputs:**

Starting Time cycle 5 for Sleep:

You are having 15 minutes bonus time for preparation to get deep sleep!

Starting Time for Sleep: 20:15:00

Starting Time cycle 4 for Sleep:

You are having 15 minutes bonus time for preparation to get deep sleep!

Starting Time for Sleep: 18:30:00

Starting Time cycle 3 for Sleep:

You are having 15 minutes bonus time for preparation to get deep sleep!

Starting Time for Sleep: 16:45:00

Starting Time cycle 2 for Sleep:

You are having 15 minutes bonus time for preparation to get deep sleep!

Starting Time for Sleep: 15:00:00

Starting Time cycle 1 for Sleep:

You are having 15 minutes bonus time for preparation to get deep sleep!

Starting Time for Sleep: 13:15:00

