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now use the table to figure out how many hours and minutes are in your allowable time in bed for example if your allowable time in bed is 390 minutes you can use the table to determine that 360 minutes equals 6 hours therefore 390 minutes equals 6 hours plus 30 minutes

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description delays the program execution for the given number of seconds in order to delay program execution for a fraction of a second use usleep as the sleep function expects an int for example sleep 0 25 will pause program execution for 0 seconds

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