The following program prints false on Ruby 1.8, but true on Ruby 1.9 or later.

```ruby
require "monitor"
m = Monitor.new
c = m.new_cond
m.synchronize { p c.wait(0.1) }
```

However, it's not critical because most programs check the condition after wait.

ko1 suggested Mutex#release (new version of Mutex#sleep) for backward compatibility. What do you think of it?

release sounds like unlock as in acquire/release is similar to lock/unlock. So I think we need a different name there.

I'm not sure about backward compatibility, but I would think it's fine to change the return value here as probably almost nothing uses it.