A monk needs to meditate for exactly forty-five minutes, but—living in an abbey—he doesn't have a watch or a clock with which to time himself. All he has are two incense sticks, which he knows each take exactly one hour to burn. Unfortunately, being hand-made, the incense sticks aren't identical to each other, and are imperfectly shaped so that he can't rely on a stick burning at the same rate all the time.

Using these incense sticks and some matches, how can the monk arrange for exactly forty-five minutes of meditation?