```python
from Adafruit_PWM_Servo_Driver import PWM
import time

pwm = PWM(0x40)


signal = 368
signalDir = 1

pwm.setPWMFreq(60)
pwm.setPWM(0, 0, int(368 * 0.9))
time.sleep(3)

try:
  while (True):
    if (signal == 450):
      signalDir = -1
    if (signal == 368):
      signalDir = 1

    pwm.setPWM(0, 0, int(signal * 0.9))
    time.sleep(0.1)

    signal += signalDir

except KeyboardInterrupt:
  print("User Cancelled ")

finally:
  pwm.setPWM(0, 0, 0)
  quit()
```