

## Staying Awake Until Your Scheduled Bedtime

Ideas for staying awake	Rate the likelihood of that this idea will keep you awake until your scheduled bedtime (Low, medium or high?)	Rate the likelihood of this idea interfering with your sleep (Low, medium or high?)
<i>Example</i> <i>Ask my wife to wake me if she sees me fall asleep</i>	<i>High</i>	<i>Low</i>