Things that may get in the way of following the rules

How likely is it that you will follow each of these rules?

Rules	Not at all likely	Slight chance	Fairly likely	Very likely
	0	1	2	3
Leave the room when you can't sleep	0	1	2	3
Avoid doing things you do when awake in the bedroom	0	1	2	3
Avoid *trying* to sleep	0	1	2	3
Keep the same rise time every day	0	1	2	3
Match the your time in bed each night to match how much sleep you are currently getting	0	1	2	3

For those rated 0 or 1, what do you think might get in the way of following these rules and is there anything you can do to help solve these problems?

Rule	Possible problems	Possible solutions
Example: Avoid doing things you do when you are awake in bed	My wife likes to watch television in bed and will get mad if I suggest we turn it off.	I can watch TV in the living room

My wife would like me to sleep better, if I explain why, she might understand |
1.		
2.		
3.		
4.		
5.		