the experiment, the volunteers who meet the requirements would then have their names pulled at random to avoid any type of bias. The names of the volunteers pulled would then be the ones who would proceed to partake in the experiment. The groups used in the experiment would be divided randomly as well into two separate sections by a random drawing of names in order to avoid any further bias. One group would be asked to continue taking their sleeping medications and the other would be asked to stop taking their medication and to participate in the alternative natural life schedule provided for them.

The alternative life schedule would be based on daily activities that were discovered by scientists to help the sleeping process. The requirements for the alternative natural lifestyle would include a list of things to do and not do during the day and ways in which the participants would be able to decrease their symptoms of insomnia. First, they would be told to avoid caffeine intake, such as coffee, tea, chocolate, etc. Instead, they would be told to eat milk because it promotes sleep. Secondly, they would be told to exercise on a regular basis in the afternoon to decrease the amount of energy build up throughout the day. Thirdly, they would be told to relax themselves before bedtime. Next the participants would be reminded to not frequently refer back to the clock, so it would be best to hide any means of viewing the time, prior to getting into bed. Last, the participants would be reminded to think about the fact that no harm will be caused by a temporary loss of sleep, in order to relax their minds before attempting to go to sleep. (Myers, 278)

The participants who followed the natural alternative life schedule would be asked to monitor and record their life schedule and sleeping patterns over the next two months. The amount of sleep each participant received would be recorded each night. The information concerning whether the sleep lasted a full night or if the participant woke frequently during the night would also be recorded. The definition of an insomniac is one who cannot sleep throughout the night or who has difficulty falling a sleep. If the participants no longer have difficulty falling a