



Night School
by Richard Wiseman

The 90 Minute Rule

To wake up at....	Fall asleep around.....
6.30 am	9.30 pm or 11 pm
7.00 am	10 pm or 11.30 pm
7.30 am	10.30 pm or midnight
8.00 am	11.00 pm or 12.30 am
8.30 am	11.30 pm or 1.00 am
9.00 am	Midnight or 1.30 am