By
Health Ministries Department
General Conference of Seventh-day Adventists
Celebrating rest
Fatigue: A health problem
Tired people become inefficient
Involuntary sleep
Sleep deprivation
Decision making from the frontal lobe
Sleep debt
Sleep debt can alter metabolic state
Sleep deprivation leads to decreased performance
How much sleep do we need?
Students often study most of the night
Two major types of sleep:

• Non-rapid eye movement sleep
• Rapid eye movement sleep
Rapid-eye-movement sleep
Both types of sleep are necessary
Steps to getting to sleep

- Learn to value sleep
- Establish a regular bedtime
• Exercise every day
• Establish regular time for rising and retiring
• Use a comfortable bed in quiet bedroom
• Eat lightly in evening
• Avoid exciting or depressing TV...soon before bedtime
• See your personal physician if you suspect a sleep disorder
• Put your trust in God
Weekly and annual rest
Rest instituted by God
LIFE APPLICATION QUESTIONS
How many times in the last three days have I fallen asleep involuntarily?
How many hours of nightly sleep have I had during that same time?

Do I need to reassess my sleeping habits?
Am I staying up too late at night?
What delays my preparation for bed?
Do I need to exercise more, or perhaps earlier in the day?
Have I had too big a meal in the evening, or eaten too late?
Am I worrying about something that is keeping me awake?
Am I choosing to watch too much TV or play too many games?
Do I need to see my physician about a sleep disorder, such as sleep apnea?
A husband and wife worked late and then went out to dinner with friends. The meal was delicious, but the couple ate too much.
Neither slept well when they eventually got to bed. The next evening they arrived home late again and then watched a late-night TV show.
The next morning the couple had a heated argument about who should fetch the dry cleaning. Why would they argue about such an inconsequential thing?
Were they thinking clearly? How can I prevent something like that from happening to me?
How many of the following symptoms have I observed in myself lately?

- lower productivity
- short attention span
• inability to solve complex problems, think clearly, or remember quickly
How do I demonstrate that I value my sleep?

What choices do I have to make in order to get adequate and restful sleep?
Should I choose to get up at the same time on weekends as I do during the week so that I establish good-habit patterns?
What arrangements in my bedroom do I have to change to foster better sleep?
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How can I make a decided choice to put my trust in God and leave my burdens with Him?
In what ways do I show that I value the rest that the Sabbath offers?
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Do I use the Sabbath hours to catch up on my sleep debt from a week of bad choices?
Or do I enjoy the same type of rest that God took after Creation—
Or do I enjoy the same type of rest that God took after Creation—

a rest from work in order to spend time in growing my relationships with God, family, and community?
Do I use the full vacation time allotted to me?
How can I best use this time in a balanced way to adequately rejuvenate physically, mentally, emotionally, and spiritually?
How can I plan more purposefully to gain the benefits I need to offset the stresses and deficiencies I experience during the rest of the year?
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