



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



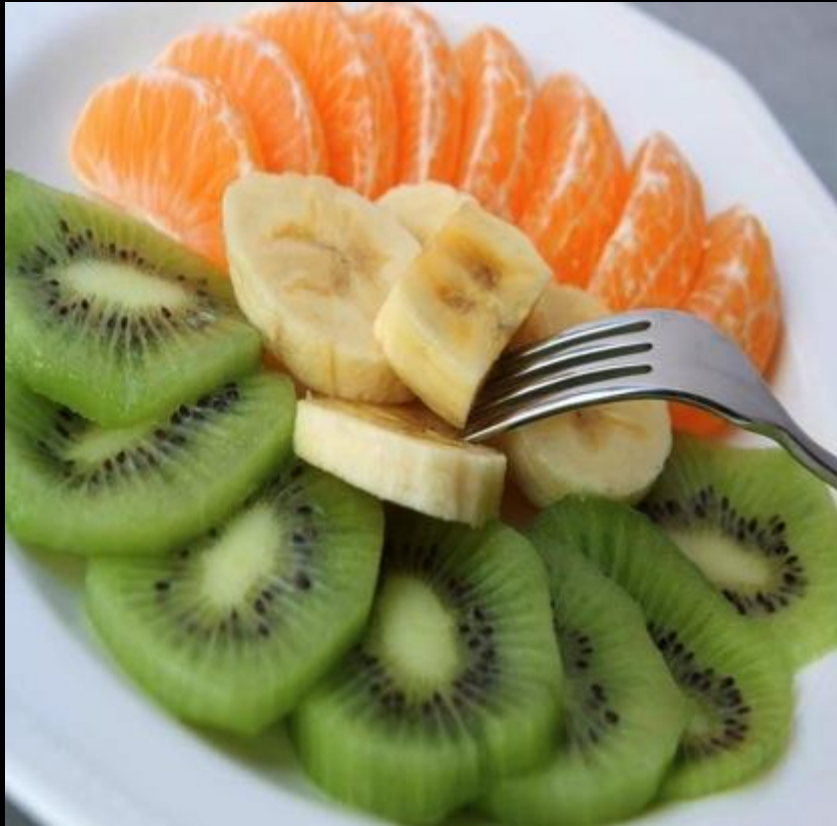
- Learn to value sleep
- Establish a regular bedtime



- 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

Winston Churchill



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?



What arrangements in my bedroom do I have to change to foster better sleep?

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?



In what ways do I show that I value the rest that the Sabbath offers?

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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