# Rest

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- Sleep or Rest is very important for health
- Getting enough sleep or rest determines if we are going to have enough energy for the day or if we will be fatigued



 Fatigue is a common problem worldwide





- There are two kinds of rest we need
  - Daily rest
  - Weekly rest

 Problems with sleep is one of the 10 most common reasons to visit a doctor



 Literally thousands of people have problems either falling asleep or waking up and not being able to go back to sleep

 Others feel sleepy or fall asleep in the daytime because of lack of enough quality sleep time



How much sleep do we need?

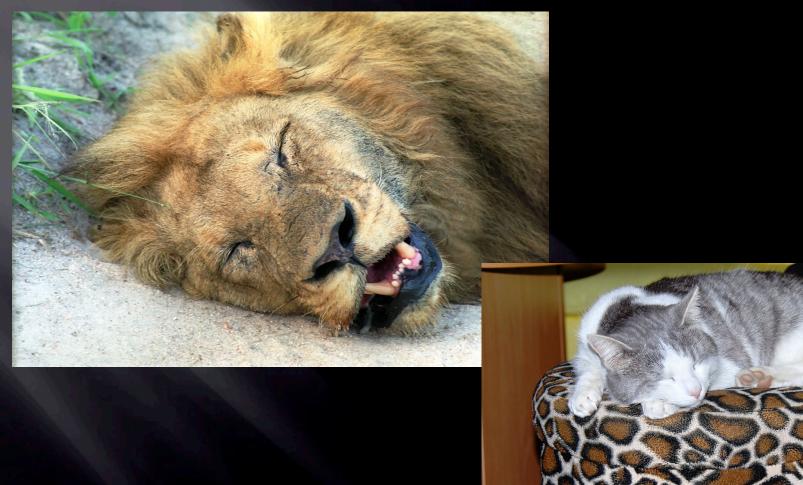


 Studies have shown that people live longer and are healthier if they get at least 7-8 hours of sleep

How much sleep do we need?

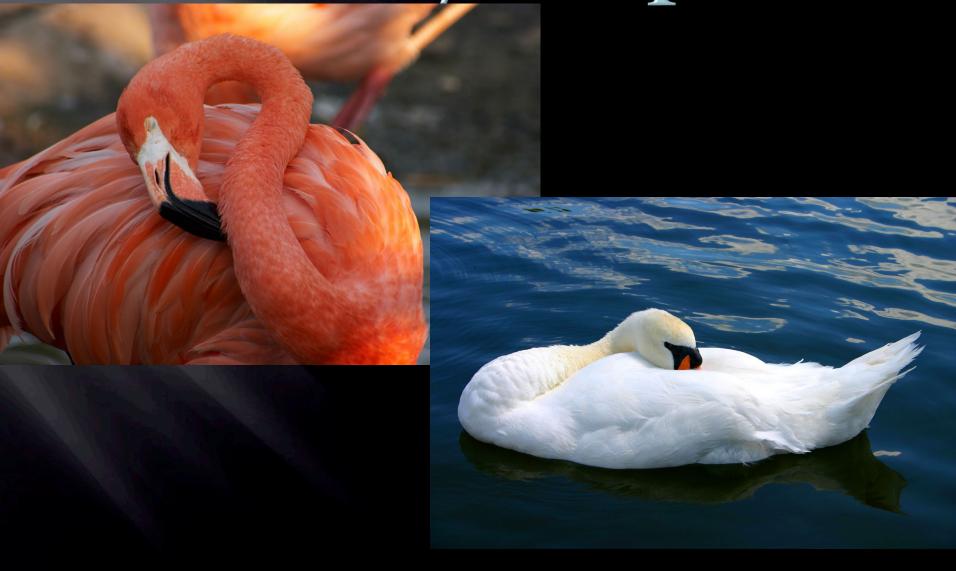












 Serious mistakes and accidents have occurred in people who do not get enough sleep

 Falling asleep while driving is a major cause of automobile

accidents



 Periods of microsleep for only 4 seconds may be fatal to you or your family

 Studies show the danger of lack of sleep in some shift workers, pilots, physicians and others in

critical jobs



 There are now major restrictions on length of work hours for many types of occupations, especially physicians in training and pilots

### Rest/Sleep Myths

 I don't need that much sleep. I can get by on 5 hours so this does not apply to me

# Rest/Sleep Facts

#### FACT:

Individuals vary somewhat in their need for sleep but are unable to judge this for themselves and most need at least 7 hours

#### Rest/Sleep Facts

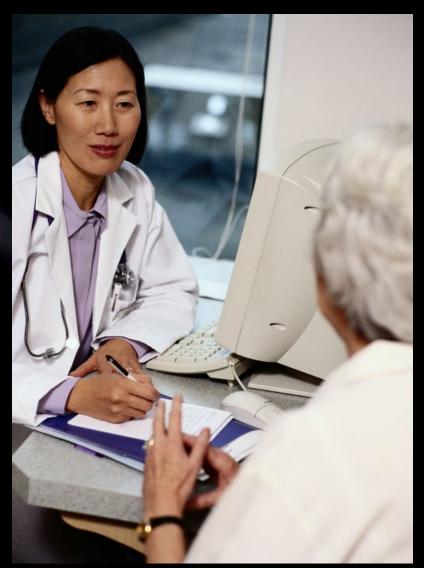
 Humans need 8 hours of sleep to perform at their best



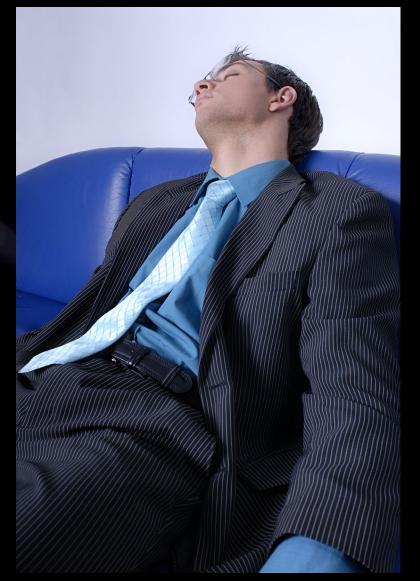
### Rest/Sleep Facts

 Getting less than 8 hours of sleep creates a sleep debt which is difficult to restore

 As we age, sleep problems become even more severe and can range from mild to severe



 Some people feel that they never really sleep well, and often feel sleepy during the day



 Daily Sleeping pill use in the USA in 2020 was approximately 8.4% of adults

 A recent study showed that sleeping pills only helped people sleep an average of 11 minutes longer

- In one large study done by the American Cancer Society of one million Americans, one question they asked was whether the persons often took sleeping pills
- Six years later, they looked at those who took sleeping pills and of those who did, 50% more had died
- These were compared by age, sex, and health

- Because of these startling results, a new study was done and again they found the same thing when looking at 32 health risk factors
- Those who took sleeping pills 30 times per month had 25% more mortality
- Those who took sleeping pills just a few times a month had an increased mortality of 10–15%

- These causes of death were varied:
  - Suicide: 7 times the risk
  - Heart disease
  - Cancer
  - Stroke

 15 other studies world-wide showed very similar results

- What can you do to avoid the dangers of not getting enough sleep and yet avoid sleeping pills?
- How can you safely wean off from taking sleeping pills?

 Have a set time (usually) that you go to bed

Avoid napping during the day time

 Go to bed before 10 pm if you do not work at night.

 One hour of sleep before midnight is worth two after midnight because of the peak effect of melatonin, the sleep hormone

 Establish a regular wake-up time regardless of when you go to bed.

 Do not eat a heavy meal at night

 Do not eat within 3-4 hours of going to bed

 Do not exercise heavily right before bedtime, but a leisurely walk after eating is good

 Drink plenty of water in the daytime, but avoid drinking in the evening

Avoid caffeine and alcohol

Have a relaxing routine before going to bed

Do not read or watch TV in bed

 Make your room as dark as possible with no night lights— Especially important for shift workers

 Have windows open with ability to circulate fresh air if possible

 Lay on your back, close your eyes, and do not move around.
If you do this, you will usually be asleep within 15–20 minutes maximum

- If you do not immediately fall asleep, do not get up to do something else as is often recommended.
- Just keep your eyes closed and continue to lie still, and after a few nights of this routine, you will retrain your brain to fall asleep.

- I lie down and sleep; I wake again, because the Lord sustains me Psalm 3:4-6
- In vain you rise early and stay up late, toiling for food to eat – for He grants sleep to those he loves.
  Psalm 127:1-3

• The sleep of a laborer is sweet Ecclesiastes 5:12

 When you lie down you will not be afraid; when you lie down your sleep will be sweet. Proverbs 3:24