

## SLEEP AND THE REST OF GOD

March 10, 2019 Various Texts by Bob Branch  
@Rest Series, Part 6

**BIG IDEA: Getting the restful sleep you need is part of God's good life he has given you in Jesus that ripple-effects into many other life-arenas.**

- Sleep refers to **death** in both testaments. (Ps. 13:3; 76:5; Jn. 11:12-13; 1 Th. 4:13)
- Sleep is a metaphor for **sexual relations**. (Prov. 6:29; Gen. 39:14)
- Sleep is the **reward** of an honest day's work. (Eccl. 5:12)
- Sleeplessness can be a **symptom** of sin, guilt, pain, sorrow (Dan. 2:1; Job 7:13)
- Sleepiness: a condition-of-soul that is **unresponsive** to God. (Is. 29:9-10; 56:10)
- Sleep can be a way of describing **laziness**. (Prov. 6:9-10; 10:5; 19:15)
- Sleeping during a sermon? (Acts 20:9)
- Sleep is a platform where **God can speak** to us. (Est. 6:1; Job 33:14-15; Dan. 8:18; 2:29; Mt. 1:20; 2:12; Acts 2:17)
- Our beds are places where we **ponder** and search things out—*and* stew on what troubles us. (Ps. 4:4; 63:6)

**2 Biblical sleep aids! God's faithfulness. Trusting him.**

**Jeremiah 31:26** "At this I awoke and looked around. My sleep had been pleasant to me." (Prov. 3:24)

**Anchored into what God is going to do—into hope!**

**Psalm 121:3** "He will not let your foot slip—he who watches over you will not slumber"

**God is vigilant—he never sleeps—so we can rest in him.**

**Psalm 127:1-2** "Unless the LORD builds the house, the builders labor in vain. Unless the LORD watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves."

**God works on our behalf and protects us. As this becomes clear/reclarified we can rest in that truth and stop striving.**

**Psalm 3:5** "I lie down & sleep; I wake again, because the LORD sustains me."

**Affirm/Reaffirm his trust in God and his faithfulness.**

**Psalm 4:8** "In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety."

**Peace and rest come as we engage God and his protective care for us.**

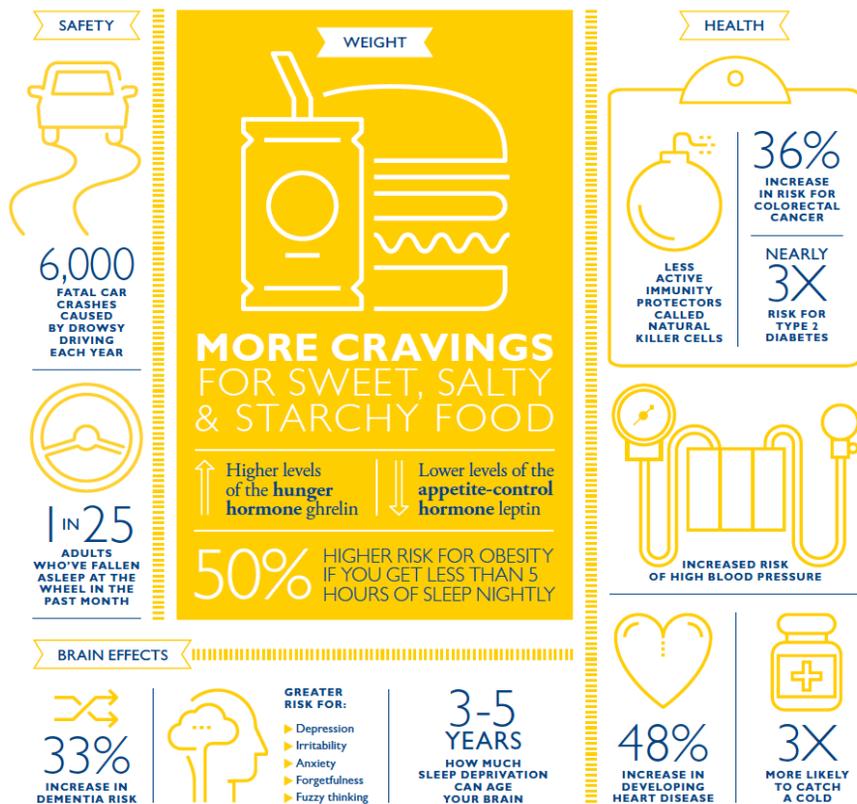
"A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" **Mark 4:37-41**

**A Sleep Exercise: Compline-** a **going-to-sleep prayer of trust**, is a wonderful way to end the day with God. It is a prayer as we are turning in—just before going to sleep.

Compline is observed right before you go to sleep and is meant to be brief. You may read a portion of a Psalm (31, 91, 131, or 134), review the day with God, or pray the Lord's Prayer slowly.

# SLEEP DEPRIVATION EFFECTS

Lack of sleep is a health issue that deserves your attention and your doctor's help. Not getting enough sleep—due to insomnia or a sleep disorder such as obstructive sleep apnea, or simply because you're keeping late hours—can affect your mood, memory and health in far-reaching and surprising ways, says Johns Hopkins sleep researcher Patrick Finan, Ph.D. Sleep deprivation can also affect your judgment so that you don't notice its effects.



Stage	Age	Min. Hours	Norm. Hours	Max. Hours
Newborn	0-3 months	12	14-17	19
Infant	4-11 months	11	12-15	18
Toddler	1-2 years	10	11-14	16
Preschooler	3-5 years	9	10-13	14
Child	6-12 years	8	9-11	12
Teenager	13-17 years	7	8-10	11
Young Adult	18-25 years	6	7-9	11
Adult	26-64 years	6	7-9	10
Elderly	>65 years	5	7-8	9

# 17 PROVEN TIPS TO SLEEP BETTER AT NIGHT

## 1. Increase Bright Light Exposure During The Day

Daily sunlight or artificial bright light can improve sleep quality and duration, especially if you have severe sleep issues or insomnia.

## 2. Reduce Blue Light Exposure in the Evening

Blue light tricks your body into thinking it's daytime. There are several ways you can reduce blue light exposure in the evening.

## 3. Don't Consume Caffeine Late in the Day

Caffeine can significantly worsen sleep quality, especially if you drink large amounts in the late afternoon /evening.

## 4. Reduce Irregular or Long Daytime Naps

Long daytime naps may impair sleep quality. If you have trouble sleeping at night, stop napping or shorten your naps.

## 5. Try to Sleep and Wake at Consistent Times

Try to get into a regular sleep/wake cycle—especially on the weekends. If possible, try to wake up naturally at a similar time every day.

## 6. Take a Melatonin Supplement

A melatonin supplement is an easy way to improve sleep quality and fall asleep faster. Take 1-5 mg around 30-60 minutes before heading to bed.

## 7. Consider These Other Supplements

Lavender and magnesium, can help with relaxation and sleep quality when combined with other strategies.

## 8. Don't Drink Alcohol

Avoid alcohol before bed, as it can reduce nighttime melatonin production and lead to disrupted sleep patterns.

## 9. Optimize Your Bedroom Environment

Optimize your bedroom environment by eliminating external light and noise to get better sleep.

## 10. Set Your Bedroom Temperature

Test different temperatures to find out which is most comfortable for you. Around 70°F (20°C) is best for most people.

## 11. Don't Eat Late in the Evening

Consuming a large meal before bed can lead to poor sleep and hormone disruption. However, certain meals and snacks a few hours before bed may help.

## 12. Relax and Clear Your Mind in the Evening

Relaxation techniques before bed, including hot baths and meditation, may help you fall asleep.

## 13. Take a Relaxing Bath or Shower

A warm bath, shower or foot bath before bed can help you relax and improve your sleep quality.

## 14. Rule Out a Sleep Disorder

There are many common conditions that can cause poor sleep, including sleep apnea. See a doctor if poor sleep is a consistent problem in your life.

## 15. Get a Comfortable Bed, Mattress and Pillow

Your bed, mattress and pillow can greatly impact sleep quality and joint or back pain. Try to buy a high-quality mattress and bedding every 5-8 years.

## 16. Exercise Regularly — But Not Before Bed

Regular exercise during daylight hours is one of the best ways to ensure a good night's sleep.

## 17. Don't Drink Any Liquids Before Bed

Reduce fluid intake in the late evening and try to use the bathroom right before bed.