

The Bible on Sleep

1. God doesn't sleep. *.....he who watches over Israel will neither slumber nor sleep.*
 - (Ps 121.4)
2. Sleep is an act of faith and trust.
 - *I lie down and sleep; I wake again, because the LORD sustains me.*
(Ps 3.5)
3. Sleep reminds us that we are finite
4. The Bible cautions us against sloth and sleeping too much.
 - *But you, lazybones, how long will you sleep? When will you wake up?*
(Pv 6.9, NLT)
5. Sleep deprivation is not a badge of honor.
 - (Ps 127.2). *In vain you rise early and stay up late.*
6. Sleep relates to spiritual well-being.
 - *I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.* (Ps 4.8)
7. There are times to sleep and times not to sleep. (Proverbs 6.9-11; Mt 26.40-46)
8. Jesus slept (Mark 4).
 - *Without warning, a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping.* (Mt 8.24)

What Lack of Sleep Effects

- Heart health
- Diabetes risk
- More accident prone
- Weakened immunity
- Brain health
- Emotional control and resilience
- Less Biblical thinking, thus less Biblical living

Benefits of Sleep...sleep acts like a:

1. Garbage collector: removes garbage from our brains
2. Painter: solidifies memories
3. Librarian: makes order out of chaos
4. Builder: builds brain cells
5. Editor: edits out memories we don't need.
6. Counselor: resolves difficult emotions.
7. Auto mechanic: gives us a relational tune up

Healthy Sleep Tips

1. Remember that sleep is biblical.
2. Keep a consistent bedtime and waking time, even on weekends.
3. Get sun exposure in the morning.
4. Take naps
5. Write down your worries before you go to bed.
6. Exercise daily, at least 3 hours prior to bedtime.
7. Make your bedroom dark and cool.
8. Get a good mattress and pillow.
9. Avoid big meals at night. Finish eating 2-3 hours prior to bedtime.
10. Avoid caffeine after noonish.
11. Minimize screens 1-2 hours prior to bedtime.
12. Memorize and quote Scripture.
13. Pray before you go to bed.
14. Get a sleep test.
15. When you wake up and can't quickly fall back asleep...
 - don't stress
 - pray or quote scripture
 - read paper books
 - write down your worries.

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his. Let us, therefore, make every effort to enter that rest... Hebrews 4: 9-11