

Some of us feel we don't have time to stop, much less get a good night sleep.

For others, sleep is a big problem due to insomnia and the resulting affects.

Some people rely on sedatives and tranquilizers in order to try and get a good night's sleep, sometimes becoming addicted to them.



Lack of sleep can cause some people to become reliant on other stimulants, such as coffee, tea, or fizzy drinks. The caffeine in these drinks can harmfully stimulate the nervous system and contribute to insomnia.

That's not all, it is estimated that thousands of injuries and deaths are caused by drivers that have not had sufficient sleep.



The conclusion of the matter, proper rest:

- Assists the body in overcoming infection
- Helps eliminate waste products from the body
- Aids in replenishing the body's enzymes
- Restores energy
- Strengthens the body's immune system
- can add 8-10 years of life (studies suggest)

"The sleep of a labouring man is sweet. . . ."

Ecclesiastes 5:12

It is no use for you to get up early and stay up late, working for a living. The LORD gives sleep to those He loves

Psalms 127:2

The Benefits when Dr Rest Makes a Call



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The Benefits when Dr Rest Makes a Call



Most people today find themselves always on the go; we live life to the max... always running.

Did you know that sleep is important, because it is during periods of rest that body tissues are rebuilt and wastes prepared to be eliminated from the body?



What is more, the walls of the blood vessels are made up of tissue that needs rebuilding and repair in order to avoid atherosclerosis.

Without proper rest;

- **tissue** will be broken down faster than they can be rebuilt,
- **energy** will be used up by the cardiovascular system faster than it can be restored,
- **poisons** will be formed faster than they can be eliminated.



Tips for proper rest

Get to bed early preferably between 9-10 PM. The hours before midnight are most beneficial to the growth and repairing of cells.



One hour of sleep before midnight is worth more than two hours of sleep after midnight.

Sleep in a dark and quiet environment. A glowing light or constant ticking of a clock can affect the quality of sleep.



Eat at least 4-5 hours before bedtime to ensure that digestive organs receive their proper rest.

Drink a cup of herbal tea before bedtime like chamomile, valerian root or bedtime mix tea to help you unwind.

