

Rest: The Pause That Refreshes

Experiencing God in Extraordinary
Ways For Extraordinary Fruit

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COMPLETE WELLNESS

“Coaching You To Care For The Only Body You
Will Ever Have”

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Today's Topic

Rest – The Pause That Refreshes

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Overview of Rest

- Why Rest is Important
- Effects of Lack of Rest
- Causes of Insomnia
- Tips for Good Rest
- Summary

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Why Rest is Important

- “For anyone who wants to be successful, sleep is a necessity, not a luxury.”
- Only during sleep does the body and mind repair and rejuvenate itself
- Slows the aging process
- Boosts the immune system
- Regulates the release of hormones
- Improves brain function

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Effects of Lack of Rest

- 50-70 million Americans live on the brink of mental and physical collapse due to lack of sleep.
- 60 million Americans suffer from insomnia
 - More than half the country deals with insomnia at least a few times a week
- Sleeplessness causes 100,000 auto accidents a year (1500 fatalities)
- NIH estimates \$50 billion/year in lost productivity

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Health Effects of Lack of Rest

- Obesity, high blood pressure, fibromyalgia, chronic fatigue, other autoimmune diseases, depression, and mental disorders are all associated with sleep deprivation.
- Lack of sleep decreases the sex drive due to increase in cortisol levels
- Reaction time increase, attention span decrease, memory loss, and impaired decision making are all a direct result of sleep loss.

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Still More Negative Effects

- Impairs body's ability to process carbohydrates leading to pre-diabetic state thereby increasing risk of type 2 diabetes
- Statistics show a higher divorce rate among those who do not get adequate sleep
- Endangers your life (and the life of others) behind the wheel of a car.

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Causes of Insomnia

- Stress and anxiety
- Pain
- Prescription meds and pain relievers with caffeine
- Poor diet and eating too late
- Exercise close to bedtime
- Bad mattress and/or pillow
- Enlarged prostate in men
- Decrease in melatonin level

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Tips For Getting Good Rest

- Make a list of what you need to do the next day
- Read something that feeds your soul before bed
- Journal your thoughts prior to going to bed
- Put your work away at least 1 hour before bedtime
- Don't watch TV right before going to bed
- Go to bed as early as possible and maintain a consistent bedtime schedule

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Additional Tips For Good Rest

- Eat a high-protein snack several hours before bed
- Avoid high sugar and carb snacks before bed
- Avoid fluids 2 hours prior to bedtime
- Avoid caffeine
- Avoid alcohol
- Reduce or avoid as many drugs as possible
- Exercise at least 30 minutes daily

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Still More Tips For Good Rest

- Keep your bed/bedroom for sleeping
- Take a hot bath, shower, or sauna before bed
- Go to the bathroom right before bed
- Make bedroom as dark as possible
- Make bedroom as quiet as possible
- Wear socks to bed
- Lose weight

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Summary

- A good night's sleep is free.
- A bad night's sleep is costly as it takes a terrible toll on your health.

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UNCOMMON Opportunity

Opening Prayer

“If we don't act on a good idea within 24 hours, we are less than 50% likely to ever act on it. If we haven't acted on it inside of days, then we are less than 2% likely to ever act on it.” - Bill Gates, Microsoft

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