

REST



RELAXATION

- Take short breaks throughout the day
- Read a favorite book
- Walking relaxes the mind
- Rest from all work at least one day a week

THE BENEFITS OF SLEEP

- Improves daytime alertness
- Improves learning abilities
- Enhances ability to cope with pain
- Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock
- Reduces weight

RECOMMENDATIONS FOR SLEEP

- Get 7-8 hours of sleep each night
- Eat your last meal at least 3 hours before bedtime
- Sleep with your window opened to get fresh air that oxygenates your blood while you rest
- Go to bed at least by 10:00pm nightly
- Research shows that going to bed after 10:00 p.m. continually for two weeks elevates blood glucose, blood pressure and cholesterol levels
- Sleep in a dark room, without light shining in the room, this prevents restful sleep
- Spend some time weekly to meditate and relax

**SLEEP, NATURE'S SWEET RESTORER,
INVIGORATES THE TIRED BODY AND PREPARES IT
FOR THE NEXT DAY'S DUTIES. *Child Guidance p. 341***

