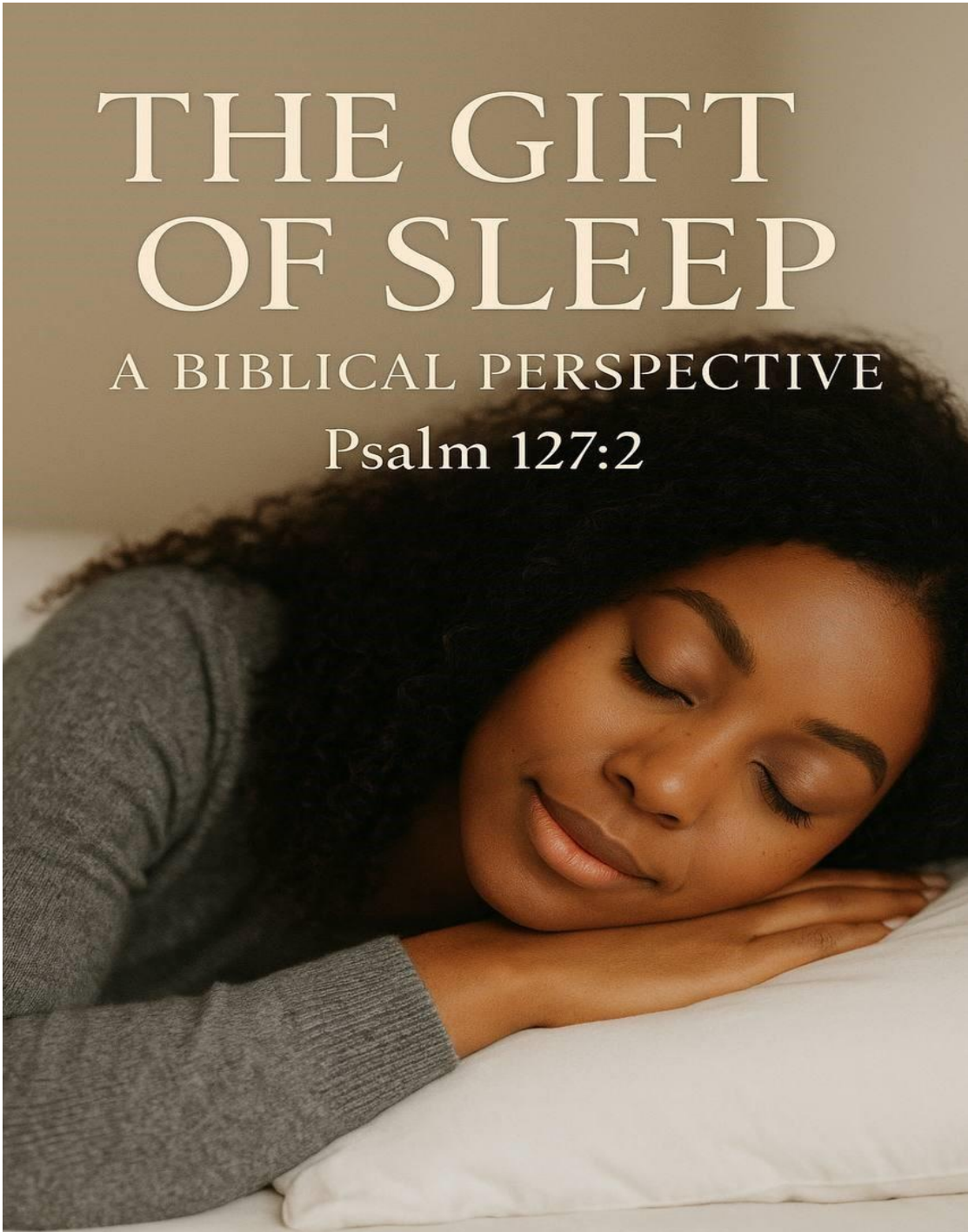


THE GIFT OF SLEEP

A BIBLICAL PERSPECTIVE

Psalm 127:2



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Sleep as Rest

Shalom, Sisters,

I write this message with deep sincerity, on how one may create an environment for deep sleep, which in turn may result in true rest, which is a divine gift and necessity for our well-being. In today's world, many of us wear exhaustion like a badge of honor, but Scripture reminds us that rest is sacred. The Most High blesses His beloved with sleep, a time when the body, mind, and spirit are renewed.

The Importance of Consistent Rest

Maintaining consistent sleep patterns and wake time—even on weekends—may help balance your body's **circadian rhythm**, your natural 24-hour internal clock that guides when you feel awake, sleepy, hungry, or alert.

How the Circadian Rhythm Works

1. **Morning:** When light enters your eyes, your brain signals that it's daytime. Cortisol is released, helping you wake up alert, with a slight rise in body temperature and blood pressure.
2. **Daytime:** Energy and focus peak as your rhythm supports productivity.
3. **Evening:** As darkness falls, your body releases **melatonin**, a sleep hormone. Heart rate and energy slow, preparing you for rest.
4. **Night:** During deep sleep, the body repairs itself, balances hormones, and stores memories, restoring your strength for a new day.

Tips for Better Sleep

- **Wind Down Gracefully:** Begin relaxing 30–60 minutes before bed. Try deep breathing, gentle stretching, or reading something peaceful.
- **Limit Screens and Blue Light:** Turn off phones, TVs, and laptops 30 minutes before bedtime to avoid melatonin disruption.
- **Create a Peaceful Environment:** Keep your bedroom dark, cool, and quiet. Use blackout curtains or white noise if needed.
- **Be Mindful of Eating and Drinking:** Avoid caffeine 6–8 hours before bed, skip heavy meals or alcohol late at night, and limit fluids close to bedtime.
- **Build Healthy Daytime Habits:** Get sunlight early in the day, and exercise regularly—but not right before sleep.

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A Warning Against Laziness

While rest is holy, the Bible also cautions against idleness and excessive sleep.

Psalm 127:2 — *“It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.”*

Proverbs 6:9–11 — *“How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? Yet a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come as one that travelleth, and thy want as an armed man.”*

Proverbs 20:13 — *“Love not sleep, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with bread.”*

Balance in all areas of our life is essential. Rest should **refresh**, not consume. The goal is stewardship—of your time, to create a sense of health, both physically and spiritually.

Shalom, beloved sisters.

May your nights be restorative, your mornings full of light, and your spirit in harmony with the rhythm the Most High designed.