

***“At day's end I'm ready for sound sleep,
For you, God, have put my life back together.
I stretch myself out. I sleep. Then I'm up again—rested...”***
Psalms 4:8 & 3:5/The Message

HEALTH TIP #1 - SLEEP

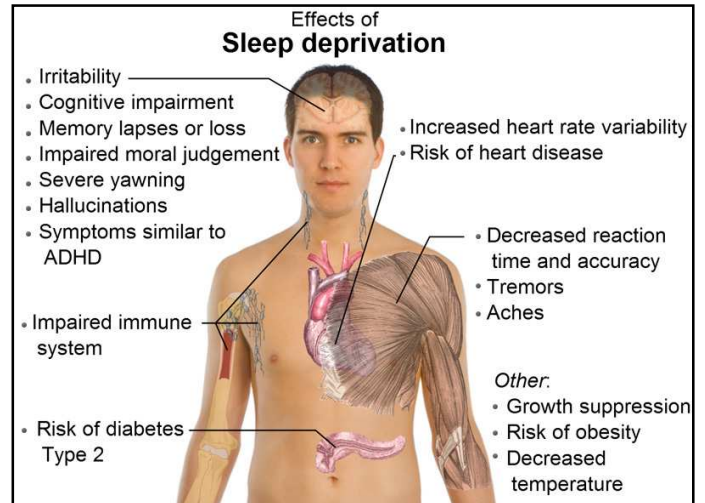
Seven to eight hours is the recommendation for most adults to function at their best.

The benefits of getting seven to eight hours of sleep include:

- alertness
- memory
- mood regulation
- physical health

Lack of sleep can contribute to:

- weight gain
- obesity
- pre-diabetes
- cravings for sweet, salty and starchy foods
- excessive snacking
- eating more calories
- having less energy throughout the day
- feeling unmotivated to exercise regularly



To get adequate sleep, I suggest that you:

- avoid caffeine after 2 p.m. or drinking alcoholic beverages in the evening.
- avoid emailing, interpersonal conflict, stressful conversations, dealing with finances or anything else that agitates or overstimulates you.
- consider drinking tea with valerian root and/or chamomile 30 minutes before going to bed. (See. <http://www.crazyfortea.com/valerianroottea.html>)
- if you are 40 or older, consider taking 1 mg. – 3 m. melatonin supplements 30 minutes before bedtime because it may play an essential role in sleeping. (Note: *If you are taking prescription medicine, please check with your doctor to make sure that it won't interfere with your medication.*)
- drink a small glass of low fat milk and/or eat a small calcium rich meal which helps the brain use tryptophan to manufacture melatonin.
- eat a small carbohydrate meal, which increases brain serotonin.
- journal before bedtime to clear your mind, process things and prepare for the next day.
- listen to soothing music.
- darken the bedroom and keep it cool.
- meditate and pray so you can go to bed with a calm and peaceful spirit; do not allow agitation, anger, unforgiveness or resentment to rob you of being at peace with anyone, or from getting quality sleep for yourself. (Eph. 4:26-27)
- Rest in God's promise that your sleep will be sweet when you lie down. (Pr. 3:24)

Consider making this 'healthy change for a healthier you'!

To Your Health,
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*The bridge between
despair and hope is a
good night's sleep.*
- E. J. Cossman

*A good laugh and a
long sleep are the best
cures in the doctor's
book.*
- Irish Proverb