

Cornerstone Health

EMPOWERING THE MIND TO TRANSFORM THE BODY

SECTION 1: FOUNDATIONS OF HEALTH



Principle # 6

Rest and Sleep

Contents

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Merriam- Webster

Rest

- To cease from action or refrain from labor or exertion, to be supported
- To be free from anxiety or disturbance, to be supported
- Peace of mind or spirit

Hebrew Word of the Week

נוח

Nuach - Rest

Working definitions:

- Rest- come from the Hebrew word Nuach.
- Nun means: heir to the throne, action, life faithfulness, to sprout, to spread
- Ch/Kh means: inner room, chamber, fence, to protect, cut off from

Merriam-
Webster

Sleep

- The natural state of rest during which your eyes are closed and you become unconscious.



Working definition:

Sleep comes from the Hebrew word:

Yashan.

Yod- to work, a deed done, a finished work,
a hand closed or closing upon.

Shin- Tooth, teeth, steadfastness, to change
for the good, to return, year.”

Nun- heir to the throne, action, life
faithfulness, to sprout, to spread

Forms of rest:

For

Spirit- 1 Cor 6:17/12:12-13

Soul- Psalm 116:7/Jer 31:25

Body- Ex 33:14/Mt 11:28

Mental- Phil 4: 6-7

From

Enemy- Col 1:13

Will- 2 Tim 2: 24-26/ Eph 2: 1-3

Toil- Gen 3:16-17

Personal- 1 peter 5:7 /Matt 6:34

Biblical Rest Benefits

- “When you lie down, you will not be afraid, when you lie down, your sleep will be sweet.” (Proverbs 3:24)
- “I lay down and slept, yet I woke up in safety, for the LORD was watching over me.” (Psalm 3:5)
- “Return to your rest, my soul, for the LORD has been good to you.” (Psalm 116:7 NIV)
- “Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. You will not fear the terror of night, nor the arrow that flies by day. For he will command his angels concerning you to guard you in all your ways.” (Psalm 91:1,5,11)
- “I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.” (Psalm 4:8, KJV)
- “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-30)
- “Peace I leave with you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (John 14:27)
- “Casting all your anxieties on him, because he cares for you.” (Peter 5:7, ESV)

Benefits of rest

Biblically

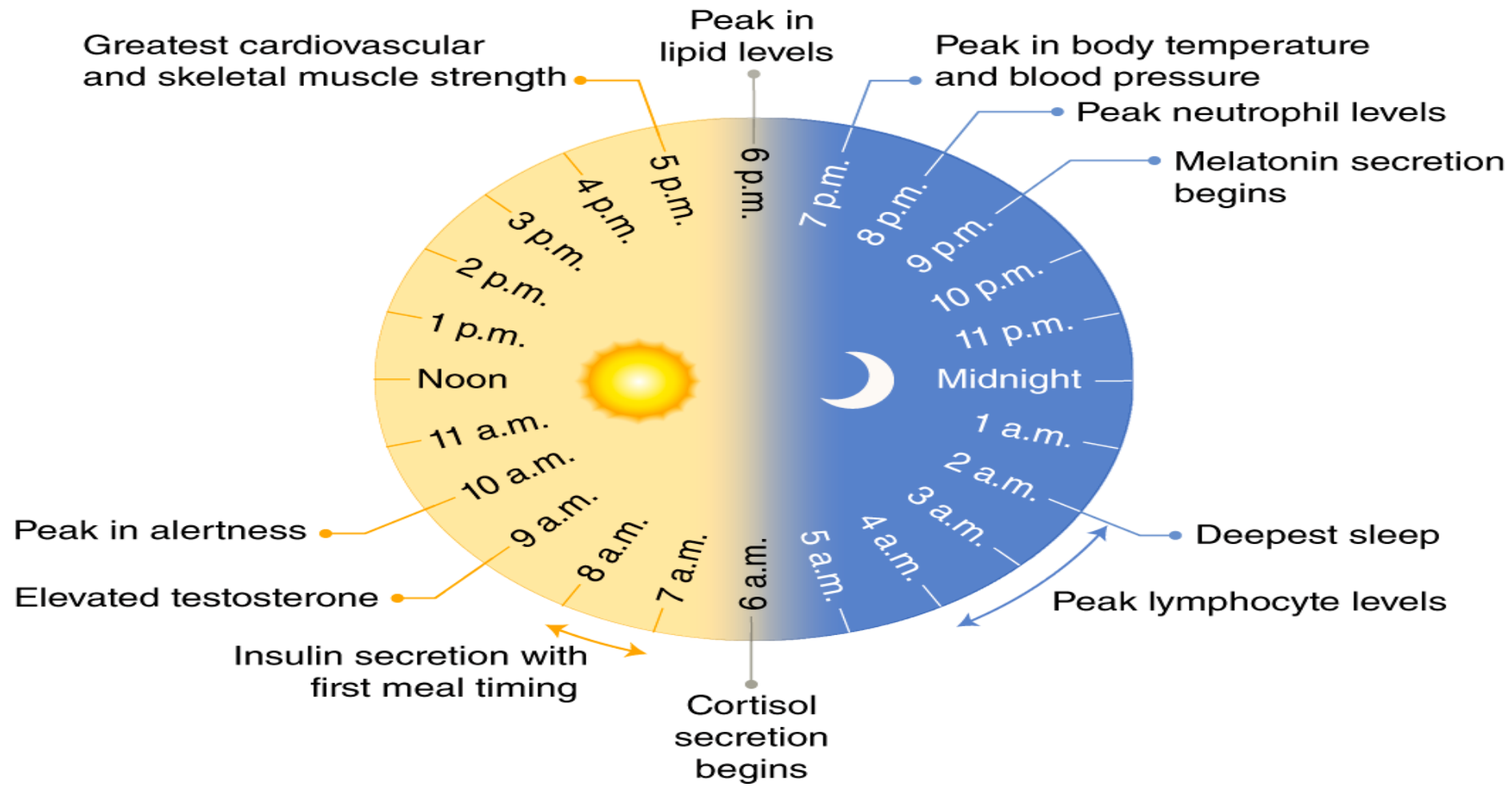
1. Sweet sleep
2. Not afraid
3. Lay down in peace
4. Wake up in safety
5. Soul rest
6. Jesus Peace
7. Care casting

Benefits of Sleep

- Think more clearly
- Quicker reflexes
- Focus better.
- Growth hormones
- Stress hormones
- Immune system
- Appetite
- Breathing
- Blood pressure
- Cardiovascular health.

Circadian Rhythm

- “The circadian clock is a highly conserved genomic system present in the brain and virtually every peripheral tissue, responsible for producing 24-hour rhythms in gene expression and coordinating the temporal organization of molecular pathways, cells, and tissues. Over the past decade, a new generation of discoveries has uncovered a mechanistic interface between the circadian clock and fundamental cellular processes including oxidative stress, cell metabolism, immune and inflammatory responses, epigenetic modification, hypoxia/hyperoxia response pathways, endoplasmic reticular stress, autophagy, and regulation of the stem cell environment.” **National Heart, Lung and Blood Institute.**



DO YOUR CHILDREN GET ENOUGH SLEEP?



Kids aged 6-12 need
9 to 12
HOURS OF SLEEP PER NIGHT

Teens aged 13-18 need
8 to 10
HOURS OF SLEEP PER NIGHT



Sleep is critical to prevent:



DIABETES



OBESITY



POOR MENTAL HEALTH



INJURIES



ATTENTION OR BEHAVIOR PROBLEMS

Tips for Good Sleep



Set bed and wake-up times at the same time each day, including weekends.



Keep bedrooms quiet, dark, and a comfortable temperature.



Remove electronic devices from the bedroom.



Avoid large meals and caffeine before bedtime.



Make sure kids are active during the day so they can fall asleep at night.



Model good sleep behaviors for kids.

Learn more about good sleep habits at www.cdc.gov/sleep.



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

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Other remedies:

Aroma Therapy:

- Lavender, Peppermint, Sandalwood

Herbs:

- Lavender, Valerian, Catnip, Chamomile, Skull Cap, Kava

Misc:

- Pumpkin seeds
- Tart cherry juice
- Deep Breathing
- Grounding

Thank you

Works cited

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