

THE TYPICAL AMERICAN ADULT IS NOT THEIR BEST SLEPT SELF

- 6 OUT OF EVERY 10 ADULTS DON'T GET ENOUGH SLEEP
- NEARLY 4 IN 10 ADULTS HAVE TROUBLE FALLING ASLEEP 3 OR MORE NIGHTS PER WEEK
- ALMOST ½ OF ADULTS HAVE TROUBLE STAYING ASLEEP 3 OR MORE NIGHTS PER WEEK

PEOPLE WHO SLEEP BETTER ARE MORE LIKELY TO BE FLOURISHING

- PEOPLE WHO GET NSF-RECOMMENDED AMOUNT SLEEP ARE MORE LIKELY TO BE FLOURISHING
- ADULTS WHO ARE SATISFIED WITH THEIR SLEEP ARE 45% MORE LIKELY TO BE FLOURISHING THAN THOSE NOT SATISFIED WITH THEIR SLEEP
- PEOPLE WITH NO TROUBLE FALLING ASLEEP ARE 47% MORE LIKELY THAN THOSE WITH TROUBLE FALLING ASLEEP 3 OR MORE NIGHTS PER WEEK TO BE FLOURISHING

PEOPLE SAY THEIR SLEEP HEALTH AND FLOURISHING ARE CONNECTED

- THREE OUT OF EVERY FOUR ADULTS SAY THAT GOOD QUALITY SLEEP HAS A POSITIVE IMPACT ON THEIR FLOURISHING
- WOMEN ARE MORE LIKELY TO REPORT POSITIVE BENEFITS OF ENOUGH QUALITY SLEEP ON FLOURISHING THAN MEN

.001.tiff

1ANSWER ME WHEN I CALL, O GOD OF MY RIGHTEOUSNESS!
2YOU HAVE GIVEN ME RELIEF WHEN I WAS IN DISTRESS.
3BE GRACIOUS TO ME AND HEAR MY PRAYER! **4**O MEN, HOW LONG
 SHALL MY HONOR BE TURNED INTO SHAME? HOW LONG
 WILL YOU LOVE VAIN WORDS AND SEEK AFTER LIES? SELAH
5BUT KNOW THAT THE LORD HAS SET APART THE GODLY
 FOR HIMSELF; THE LORD HEARS WHEN I CALL TO HIM. **6**BE ANGRY,
 AND DO NOT SIN; PONDER IN YOUR OWN HEARTS ON YOUR BEDS,
 AND BE SILENT. SELAH **7**OFFER RIGHT SACRIFICES, AND
 PUT YOUR TRUST IN THE LORD. **8**THERE ARE MANY WHO SAY,
 "WHO WILL SHOW US SOME GOOD? LIFT UP THE LIGHT OF YOUR
 FACE UPON US, O LORD!" **9**YOU HAVE PUT MORE JOY IN MY HEART
 THAN THEY HAVE WHEN THEIR GRAIN AND WINE ABOUND.
10IN PEACE I WILL BOTH LIE DOWN AND SLEEP; FOR YOU ALONE,
 O LORD, MAKE ME DWELL IN SAFETY. —PSALM 4

.002.tiff

I. STRESS OFTEN ROBS US OF REST (PSALM 4:1)

.003.tiff

**"THEY ACTUALLY HAVE
 A TERM FOR GOOD STRESS.
 IT'S CALLED EUSTRESS. THAT
 STRESS IS THE ONE THAT
 KEEPS US MOVING, IT KEEPS
 US SHARP, IT KEEPS US
 FOCUSED, IT GETS US READY
 TO DO WHATEVER TASK
 OR EVENT THAT WE ARE
 PREPARING FOR. AND IF
 DONE CORRECTLY, IT CAN
 ACTUALLY HELP US GROW
 AND BE MORE RESILIENT."
 —DR. JASON HUNZIKER**

.004.tiff

**6DO NOT BE ANXIOUS
ABOUT ANYTHING,
BUT IN EVERYTHING BY
PRAYER AND SUPPLICATION
WITH THANKSGIVING
LET YOUR REQUESTS
BE MADE KNOWN TO GOD.
7AND THE PEACE OF GOD,
WHICH SURPASSES
ALL UNDERSTANDING,
WILL GUARD YOUR HEARTS
AND YOUR MINDS
IN CHRIST JESUS.
—PHILIPPIANS 4:6-7**

.005.tiff

**2. REST IS ROOTED IN TRUST
(PSALM 4:2-5, 8)**

.006.tiff

“PUT YOUR TRUST IN THE LORD”

.007.tiff

**26BE ANGRY AND DO NOT SIN; DO NOT LET THE SUN
GO DOWN ON YOUR ANGER, 27AND GIVE
NO OPPORTUNITY TO THE DEVIL. —EPHESIANS 4:26-27**

.008.tiff

“THIS BOOK IS WRITTEN AS AN INVITATION TO RETURN.
 NOT TO A LAW, BUT TO A LIFE. NOT TO A
 CALENDAR RESTRICTION, BUT TO A SOUL RESTORATION.
 YOU WERE NOT MADE TO LIVE AT THE SPEED OF YOUR
 NOTIFICATIONS. YOU WERE MADE TO KNOW GOD,
 TO WALK WITH HIM, TO DELIGHT IN THE WORLD
 HE MADE, AND TO REST IN HIS SUFFICIENCY.
 THE SABBATH IS NOT THE FRINGE—IT IS THE FRAME.
 IT HOLDS LIFE TOGETHER.” —CHARLIE KIRK

.009.tiff

GREAT PEACE HAVE THOSE WHO LOVE YOUR LAW;
 NOTHING CAN MAKE THEM STUMBLE. —PSALM 119:165

³YOU KEEP HIM IN PERFECT PEACE WHOSE MIND
 IS STAYED ON YOU, BECAUSE HE TRUSTS IN YOU.
⁴TRUST IN THE LORD FOREVER, FOR THE LORD GOD
 IS AN EVERLASTING ROCK. —ISAIAH 26:3-4

¹I LIFT UP MY EYES TO THE HILLS. FROM WHERE DOES
 MY HELP COME? ²MY HELP COMES FROM THE LORD,
 WHO MADE HEAVEN AND EARTH. ³HE WILL NOT LET YOUR
 FOOT BE MOVED; HE WHO KEEPS YOU WILL NOT SLUMBER.
⁴BEHOLD, HE WHO KEEPS ISRAEL WILL NEITHER
 SLUMBER NOR SLEEP. —PSALM 121:1-4

.010.tiff

3. SLEEP IS ASSOCIATED WITH LETHARGY

.011.tiff

⁴⁰AND HE CAME TO THE DISCIPLES AND FOUND THEM
 SLEEPING. AND HE SAID TO PETER, “SO, COULD YOU
 NOT WATCH WITH ME ONE HOUR? ⁴¹WATCH AND PRAY
 THAT YOU MAY NOT ENTER INTO TEMPTATION.
 THE SPIRIT INDEED IS WILLING, BUT THE FLESH IS WEAK.”
⁴²AGAIN, FOR THE SECOND TIME, HE WENT AWAY
 AND PRAYED, “MY FATHER, IF THIS CANNOT PASS
 UNLESS I DRINK IT, YOUR WILL BE DONE.”
⁴³AND AGAIN HE CAME AND FOUND THEM SLEEPING,
 FOR THEIR EYES WERE HEAVY. —MATTHEW 26:40-43

.012.tiff

¹¹BESIDES THIS YOU KNOW THE TIME, THAT THE HOUR HAS COME FOR YOU TO WAKE FROM SLEEP. FOR SALVATION IS NEARER TO US NOW THAN WHEN WE FIRST BELIEVED. ¹²THE NIGHT IS FAR GONE; THE DAY IS AT HAND. SO THEN LET US CAST OFF THE WORKS OF DARKNESS AND PUT ON THE ARMOR OF LIGHT. ¹³LET US WALK PROPERLY AS IN THE DAYTIME, NOT IN ORGIES AND DRUNKENNESS, NOT IN SEXUAL IMMORALITY AND SENSUALITY, NOT IN QUARRELING AND JEALOUSY. ¹⁴BUT PUT ON THE LORD JESUS CHRIST, AND MAKE NO PROVISION FOR THE FLESH, TO GRATIFY ITS DESIRES. —ROMANS 13:11-14

.013.tiff

“THE PRESENT AGE IS NOT THE BELIEVER’S REST; IT IS THE BATTLEFIELD.” —CHARLES H. SPURGEON

.014.tiff

4. SLEEP ANTICIPATES AN AWAKENING

.015.tiff

¹³BUT WE DO NOT WANT YOU TO BE UNINFORMED, BROTHERS, ABOUT THOSE WHO ARE ASLEEP, THAT YOU MAY NOT GRIEVE AS OTHERS DO WHO HAVE NO HOPE. ¹⁴FOR SINCE WE BELIEVE THAT JESUS DIED AND ROSE AGAIN, EVEN SO, THROUGH JESUS, GOD WILL BRING WITH HIM THOSE WHO HAVE FALLEN ASLEEP. ¹⁵FOR THIS WE DECLARE TO YOU BY A WORD FROM THE LORD, THAT WE WHO ARE ALIVE, WHO ARE LEFT UNTIL THE COMING OF THE LORD, WILL NOT PRECEDE THOSE WHO HAVE FALLEN ASLEEP. ¹⁶FOR THE LORD HIMSELF WILL DESCEND FROM HEAVEN WITH A CRY OF COMMAND, WITH THE VOICE OF AN ARCHANGEL, AND WITH THE SOUND OF THE TRUMPET OF GOD. AND THE DEAD IN CHRIST WILL RISE FIRST. ¹⁷THEN WE WHO ARE ALIVE, WHO ARE LEFT, WILL BE CAUGHT UP TOGETHER WITH THEM IN THE CLOUDS TO MEET THE LORD IN THE AIR, AND SO WE WILL ALWAYS BE WITH THE LORD. ¹⁸THEREFORE ENCOURAGE ONE ANOTHER WITH THESE WORDS.
—I THESSALONIANS 4:13-18

.016.tiff

¹FOR WE KNOW THAT IF OUR EARTHLY HOUSE, THIS TENT,
IS DESTROYED, WE HAVE A BUILDING FROM GOD,
A HOUSE NOT MADE WITH HANDS, ETERNAL IN THE HEAVENS.
²FOR IN THIS WE GROAN, EARNESTLY DESIRING TO BE
CLOTHED WITH OUR HABITATION WHICH IS FROM HEAVEN...
⁵NOW HE WHO HAS PREPARED US FOR THIS VERY THING
IS GOD, WHO ALSO HAS GIVEN US THE SPIRIT
AS A GUARANTEE... ⁸WE ARE CONFIDENT, YES,
WELL PLEASED RATHER TO BE ABSENT FROM THE BODY
AND TO BE PRESENT WITH THE LORD.
—2 CORINTHIANS 5:1-2, 5, 8 (NKJV)

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