

ACCORDING TO THE National Sleep Foundation, Americans are not getting enough sleep. About one in five struggle nightly with insomnia. Research indicates that America's sleep problems have reached epidemic proportions, and may be the country's number one health problem.

Sleep deprivation affects us in a variety of ways. For example, those who sleep fewer than six hours a night don't live as long as those who sleep seven hours or more. But sadly, among most young people the longevity issue doesn't seem that relevant. Their attitude is, "Who cares?"

Lack of sleep is expensive. The National Commission on Sleep Disorders estimates that sleep deprivation costs \$150 billion a year in higher stress and reduced workplace productivity.

And it's risky! An article in *the Journal of the American Medical Association* points out

that in the morning after 24 hours of sleeplessness, a person's motor performance is comparable to someone who is legally intoxicated! You take unnecessary risks when you get too little sleep.

According to Dr. Russell Rosenberg, Director of Northside Hospital Sleep Medicine Institute in Atlanta, "The most common problem with sleeplessness, or not getting enough sleep at night, is stress." Anxiety, stress, and worry never take time off. Sleep problems following the death of a loved one or a traumatic experience are pretty normal. But chronic, long-term anxiety, stress, or a nagging disposition to worry results in long-term, chronic sleep difficulties. This can easily become a vicious cycle, with stress causing sleeplessness and not being able to get to sleep causing stress.

There are thousands who wish that as nighttime rolls around they could become a little more phlegmatic and "who cares" all their trou-

bled thoughts away. One answer to the sleep problem is change—especially change in thought patterns, lifestyle, and dependence on God rather than yourself.

It helps to stop your busy activities an hour or so before bed. Walk around the block, relax in a hot bath, and divert your mind with a good book. But Dr. Rosenberg also recommends that you take 20 or more minutes before bedtime to write down your worries. Then write down what you can do about each one. This will show you what you can change and what you should leave to others. Then pray, giving each specific worry you can't do anything about, to God—who can!

*Journaling is good for sleep—and your soul.  
Write down your worries and give them to God.*

RISE RAFFERTY

Victory in Christ is our goal -  
Health of body, mind, and soul.  
**Come and travel with us.**

## Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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# HEALTH TIPS!

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## Good Night, Sleep Tight . . . ?

*I will both lie down in peace, and  
sleep; for You alone, O Lord,  
make me dwell in safety.*

*Ps. 4:8, NKJV.*