Rest and Sleep

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“Unreasonable hours are destructive to the physical, the mental, and the moral powers. If the brain were given proper periods of rest, the thoughts would be clear and sharp, and business would be expedited.” 7T 256.

REST

“You are God’s workmanship, and with the full sense of your accountability to God you are to treat yourselves aright. Give yourselves proper time to sleep. Those who sleep give nature time to build up and repair the waste of the organism.” MM 5

“Fatigue selectively targets the highest order of cognitive mental functions. Critical thinking becomes impossible.”
High Order = Executive Functions

- Discernment
- Judgment
- Initiative
- Creativity
- Forethought

Decision-making

Sleep Impairment vs. Alcohol Intoxication

Approximately **16-18 hours** of continuous wakefulness in healthy, rested adults produced performance impairments comparable to **legal intoxication** with alcohol. (BAC >0.08%)

Current Trends

- Adults sleep 1.5 hours less per day than our grandparents!
- Teens sleep 2.5 hours less per day than in 1962!

Increasing Evidence

- Obesity
- Type 2 Diabetes
- Metabolic Syndrome
- Long-term sleep deprivation:
  - Cardiovascular disease
  - Cancer
  - Depression and other mental health problems

Executive Functions at Risk

Sleep debt decreases the entire brain's ability to function, most significantly impairing areas responsible for:

- Attention,
- Complex planning,
- Complex mental operations, and
- Judgement.

Strategies to Fight Fatigue

- Value adequate sleep: ~6-9 hours per night.
- Exercise 30-60 min. every day.
- Learn to control your stress.
- Eat properly & drink plenty of water.
- Avoid caffeinated beverages, tobacco, and alcohol.
- Rest a day each week & annual vacation.
- Sleep disorder? Get evaluated.
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