



CELEBRATIONS

LIVING LIFE TO THE FULLEST

SESSION 6.

REST

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Celebrations – Rest



OBJECTIVES:

Participants will:

- Understand that daily, weekly, and yearly rest is crucial for health and mental wellbeing.
- Know the components of quality sleep.
- Foster restful sleep by putting into practice a routine that will prepare their bodies for rest.

MATERIALS NEEDED:

- Leader's notes
- PowerPoint
- Participant worksheet
- Computer (for your PowerPoint presentation)
- Projector and screen
- Tables and chairs
- Sound system (for large classes)



TIPS AND GUIDELINES

01. **Come prepared.** Review the entire content and handout materials before the session. Arrive early for your presentation. Set up your equipment and test everything before the participants arrive.
02. **Greet the participants as they arrive.** One of our goals is to build relationships within the community. Greeting people as they enter puts them at ease and can open doors for further dialogue.
03. **Start on time.** The presentations are designed to be less than 1.5 hours. Honor that time frame.
04. **Welcome students and introduce yourself.** This introduction should take only 30 to 60 seconds.
05. **Introduce the topic of the presentation.** A brief introduction appears in the script under slide 2. Keep it short. Introductions should get the participants' attention, not bore them.
06. **Distribute the participant worksheet for note taking.**
07. **Give the PowerPoint presentation.**
08. **Introduce and distribute the quiz.** Detailed instructions are given in the script. Have the participants work in small groups of two to four, discussing and completing the quiz together. (If the nature of your group warrants it, lead the discussion of the quiz questions from the front, soliciting responses from the participants.) Give the participants about 20 minutes to complete the quiz. Monitor the participants' progress, adjusting the time as needed to allow them time to complete the worksheet. Then call them back together as a group and discuss the answers using the answer key.
09. **Closing remarks and reminder.** Introduce the next session's topic, and remind them of the date, and time of the session.
10. **Thank the participants for coming, and visit with them as they are leaving.**

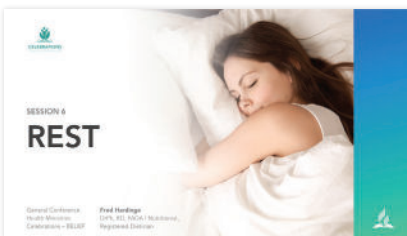


WELCOME



SLIDE 1 (CELEBRATIONS REST)

Welcome to CELEBRATIONS! During our time together we will learn about rest, the sixth healthful living principle in this series. Rest is certainly a pertinent topic in today's fast-paced world and I hope you are looking forward to our discussion.



SLIDE 2 (REST)

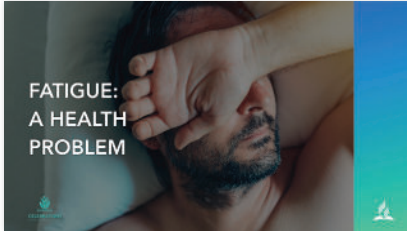
In 1996, 7-year-old Jessica DuBroff was attempting to be the youngest student pilot to fly across the United States. Accompanying her were her father and her flying instructor. The first couple of days went uneventfully, but as often happens, the media were closely following this attempt and hounded the instructor pilot for midnight and early morning interviews.

While talking with his wife on the phone from Wyoming, the instructor told her how frustrated he was with all the media interruptions, how fatigued he had become as a result of the lost sleep, and how much he was looking forward to being finished with the “media zoo.”

The next morning, while preparing for the flight, this instructor with an impeccable record for safety uncharacteristically failed to get a weather briefing before departure. As a result, he flew directly into a storm and the plane crashed shortly after takeoff. No one survived.

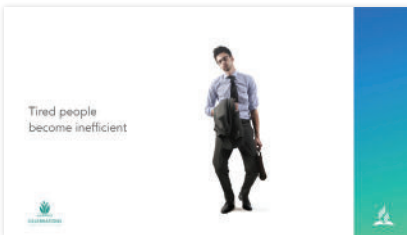
Interviews with ground staff later revealed that this very experienced pilot had started the engine without removing the wheel chocks—something every pilot does before cranking the engine. This forgetfulness evidenced his extreme state of fatigue.¹

¹ <http://www.nts.gov/news/1997/970304a.htm>



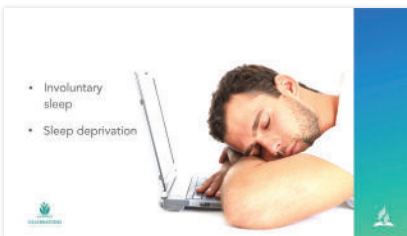
SLIDE 3 (FATIGUE: A HEALTH PROBLEM)

Sleep science tells us that as in the case of this experienced instructor, tired minds are much more likely to make serious mistakes. In most societies of the world today, a significant percentage of the population is sleep deprived. In the United States fatigue is one of the 10 most common reasons people visit a physician.



SLIDE 4 (FATIGUE: A HEALTH PROBLEM)

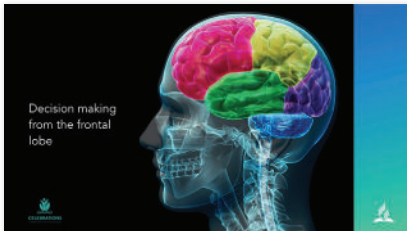
The need to rest and relax appears to be the greatest when there seems to be no time for it. Without rest and relaxation all humans suffer cognitive impairments. Tired people become inefficient, slower, less safe, and make more mistakes. To remain “at the top of our game” we need adequate sleep every night. There have been many attempts to increase productivity by extending the workweek and daily working hours. They have all failed because we each have a physiological need for rest each day, as well as a day off each week and a restful annual vacation. For peak cognitive performance and abundant energy, we must celebrate the refreshing gift of sleep.



SLIDE 5 (FATIGUE: A HEALTH PROBLEM)

When our brains are tired enough we will go to sleep involuntarily. These short periods of rest are called micro-sleeps and generally last from a fraction of a second to no more than a second or two. If we are idly sitting in a chair, this usually causes no problem. Should we be operating a complex piece of machinery or carefully seeking to solve a multifaceted problem, however, these momentary lapses could result in catastrophic outcomes.



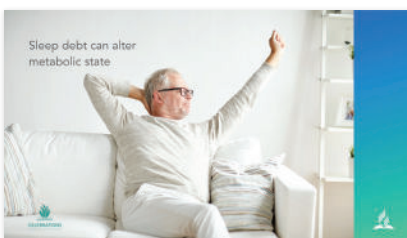


SLIDE 6 (FATIGUE: A HEALTH PROBLEM)

Many factors of our increasingly chaotic, 24/7 world of tempting and demanding activities contribute to the growing problem of sleep deprivation. The rising number of choices available to us, such as playing computer games or watching television in the evenings, often can delay the onset of sleep. Life has simply become more complex.

A growing body of evidence shows that sleep deprivation impairs our cognitive performance, which in turn influences the quality of our decisions, our emotional control, and our efficiency, productivity, and safety. We all need sufficient rest to restore the wear and tear of life.

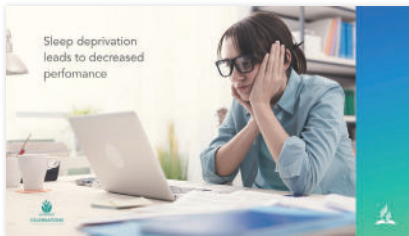
Fascinating research has established that when we are tired the “executive functions” of our minds suffer. We become less effective at recognizing the choices that are available to us and less capable of deciding which of the choices is best. Even if we can clearly see the choices, we may not be able to act on what we know we should do. Our creativity is reduced, along with our efficiency.



SLIDE 7 (SLEEP DEBT CAN ALTER METABOLIC STATE)

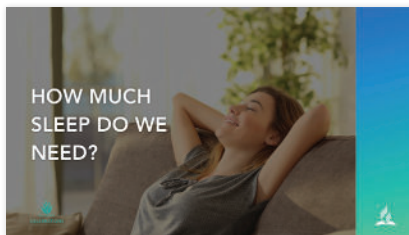
The frontal lobes of our brains are where we combine the current information from our senses with previously learned information and life experiences to make our decisions. It's this portion of the brain that is most affected by insufficient sleep and rest. Fatigue lowers our cognitive efficiency, lessens the awareness of our surroundings, reduces the ability to process new information, decreases our long-term memory, and impairs the learning of new information. Because success in almost all of life's endeavors is determined by the quality of the decisions we make, it is vitally important to rest as needed.

Sadly, today there is a ubiquitous intrusion of personal, social, and cultural activities into the time that traditionally has been reserved for sleep. Consequently, attention spans are diminished, judgment is impaired, and our ability to carry out complex mental operations is reduced.



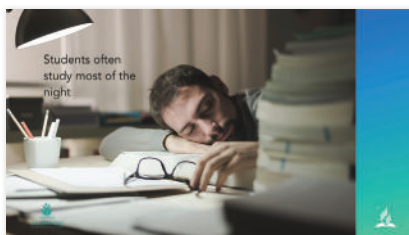
SLIDE 8 (SLEEP DEBT CAN ALTER METABOLIC STATE)

When we miss out on sleep, we accumulate what is known as “sleep debt.” As this accumulates, we become less productive. Research was conducted with four groups of people who all had the same demonstrated skill level in performing identical tasks throughout 21 days of activity. Their productivity was significantly reduced as nightly sleep was shortened. After the full 21 days of measurements, the productivity of those who got 7 hours of sleep per night dipped about 8 percent. The group that got 6 hours of sleep, however, saw their productivity drop by 55 percent, while those getting 5 and 4 hours of sleep were able to produce only 35 percent and 20 percent respectively of what the 7-hour sleepers produced.²



SLIDE 9 (HOW MUCH SLEEP DO WE NEED?)

Sleep traditionally has been viewed for its effects on the function of the brain and emotions. Current research, however, is finding that even moderate sleep debt in healthy volunteers can alter their metabolic state in such a way that it mimics the glucose metabolism of diabetics. After four hours of sleep for six nights, healthy young men experienced a 30-percent decrease in their body’s ability to metabolize carbohydrates. They experienced significantly higher levels of the stress hormone cortisol, and a decrease in insulin sensitivity. This and other research suggests that there may be a link between the growing epidemic of sleep deprivation and the epidemic of obesity.



SLIDE 10 (HOW MUCH SLEEP DO WE NEED?)

It’s interesting that sleep deprivation leads to decreased performance similar to that which occurs when a person is under the influence of alcohol. Studies have shown that 16 to 18 hours of wakefulness (one long day) in healthy adults results in impairments comparable to the legal blood-alcohol level of intoxication in the United States and many other countries of greater than 0.08 percent.

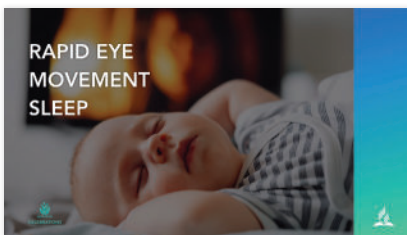
² Handysides, A. R. Celebrations. (2013) p. 111. Chart based on personal interview between the author and a FAA/NTSB investigator.





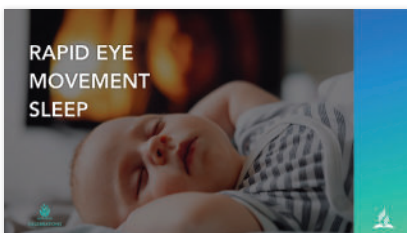
SLIDE 11 (HOW MUCH SLEEP DO WE NEED?)

Sleep needs vary between individuals. Nearly all sleep experts agree, however, that seven hours of sleep per night is enough to “get by on,” but that most people need about eight hours for optimal cognitive performance. Thomas Edison reportedly believed that sleep was a waste of time, and he set out to invent the electric light bulb in order to extend daylight hours. He reportedly slept four to five hours per night. Yet, those who worked with him in his laboratory reported that he frequently took naps during the day. Adequate nighttime sleep should remove most daytime sleepiness and provide a sense of calm well-being and alertness.



SLIDE 12 (RAPID EYE MOVEMENT SLEEP)

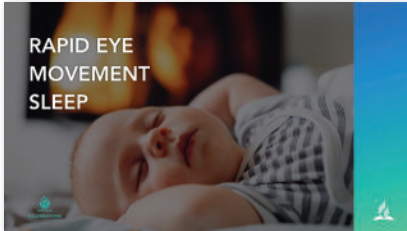
Students often will study most of the night when cramming for an examination, and they often suffer the consequences of sleep deprivation in poor grades as a result. The way people choose to live and order their lives, along with often hectic work schedules, frequently results in increased inattention at work. Sleep provides the “right stuff.” It prepares bodies and minds for peak performance.



SIDE 13 (RAPID EYE MOVEMENT SLEEP)

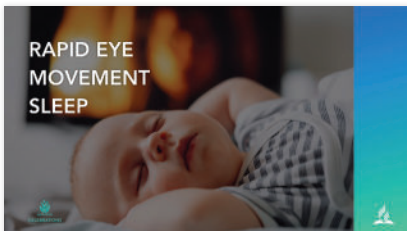
Sleep is divided into various stages. These are based on the characteristic waveforms seen on electroencephalographic recordings of brain-wave activity. There are two major types of sleep: nonrapid-eye-movement sleep and rapid-eye-movement sleep.

Non-rapid eye movement sleep is often characterized by four stages. The first two are deviations from wakefulness and generally last only a few minutes. Stages three and four are known collectively as “slow-wave sleep.” It is during this period of “deep sleep” that the restoration and growth of body tissue occur and immunity to infections is strengthened.



SLIDE 14 (RAPID EYE MOVEMENT SLEEP)

Rapid-eye-movement sleep is characterized by a waveform similar to wakefulness. The eyes will move back and forth rapidly under closed lids as though looking from side to side, even though the person is sound asleep. Our dreams occur during this phase of sleep, although we usually recall very little of the dream content. Some individuals may sleepwalk, wet the bed, or grind their teeth during this phase. Rapid-eye-movement sleep is very important for mental and emotional restoration. Many important and fascinating functions take place here, including memory organization and reorganization, as well as the refreshing of memories.



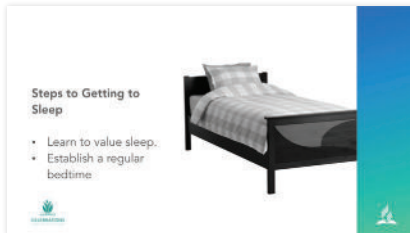
SLIDE 15 (RAPID EYE MOVEMENT SLEEP)

During a good night's sleep, these two types of sleep occur in approximately 90-minute cycles that are repeated from four to six times during the night. Both types of sleep are necessary for complete physical and mental rest. The recuperative value of sleep can be measured by the shape of these cycles and is called the "sleep architecture." Good sleep architecture results in recuperative sleep, which enhances learning and improves productivity.

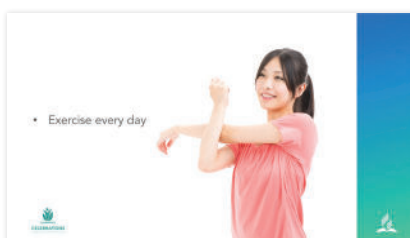
Certain choices—such as irregular times for retiring and awaking, worry and anxiety, certain medications and alcohol, and eating just before going to bed—can impair good architecture.

Sadly, most sleep-deprived people are totally unaware of their own reduced capabilities because they have been sleepy for so long they don't know what it's like to feel wide awake. A rested person will accomplish more in less time and do it better, more effectively, and safely!

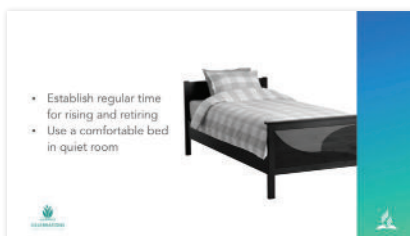


**SLIDE 16** (STEPS TO GETTING TO SLEEP)

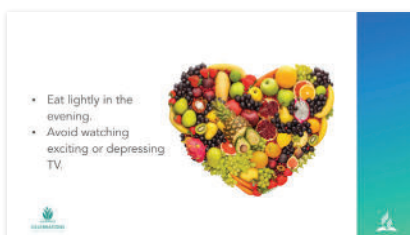
- Learn to value sleep. We never accomplish what we do not value.
- Establish a regular bedtime ritual to let your mind and body know that you are preparing to sleep.

**SLIDE 17** (STEPS TO GETTING TO SLEEP)

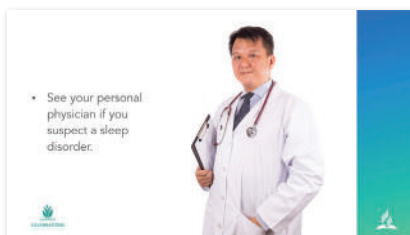
- Exercise appropriately every day, at least four to five hours prior to retiring.

**SLIDE 18** (STEPS TO GETTING TO SLEEP)

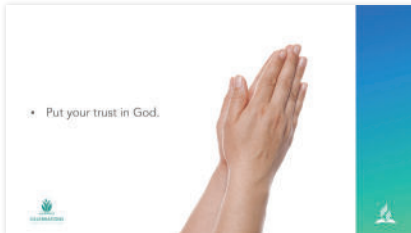
- Establish regular times for rising and retiring, and stick to them every day—even on weekends.
- Use a comfortable, firm bed located in a quiet, cool bedroom not cluttered with TVs, computers, and exercise equipment.

**SLIDE 19** (STEPS TO GETTING TO SLEEP)

- Eat lightly in the evening, several hours prior to bedtime.
- Avoid watching exciting or depressing TV programs or movies, engaging in stressful events such as arguments, or making momentous decisions soon before bedtime.

**SLIDE 20** (STEPS TO GETTING TO SLEEP)

- See your personal physician if you suspect a sleep disorder or other medical condition.



SLIDE 21 (STEPS TO GETTING TO SLEEP)

- Put your trust in God. Give Him your problems and anxieties.

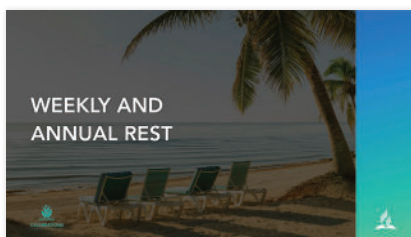
Remember: Tonight's sleep builds tomorrow's energy!
Sleep is as important as diet and exercise, only easier!



SLIDE 22 (WINSTON CHURCHIL)

Sleep scientists also recognize that to truly remain rested and productive we need both a weekly and an annual rest. In Britain during World War I, increased productivity was attempted by continuous, nonstop work schedules. It was later recognized, however, that by reducing the workweek to 48 hours and requiring one day of rest per week, productivity actually increased by 15 percent.

On July 29, 1941, Winston Churchill announced before the House of Commons, "If we are to win this war it will be by staying power. For this reason we must have one holiday per week and one week holiday per year." That was voted into law!



SLIDE 23 (WEEKLY AND ANNUAL REST)

As humans, we all have our limitations. We cannot work around the clock or without regular times of rest and maintain a healthy, happy, and productive life. We need daily rest as much as we need weekly and annual breaks to provide the mental and emotional recuperation necessary for creativity and positive family relationships. Optimal physical, mental, emotional, and spiritual health require adequate rest.



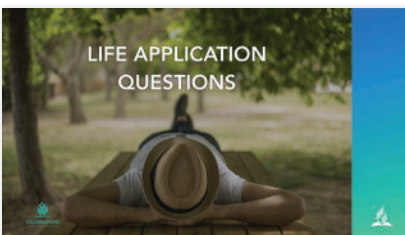


SLIDE 24 (REST INSTITUTED BY GOD)

The Bible records that in the very beginning God instituted a weekly rest to provide a much-needed break from the tedium of work. Our Creator knew that in order to function optimally we need balanced daily rest in addition to weekly rest as found in Exodus 20:8-10: "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates."

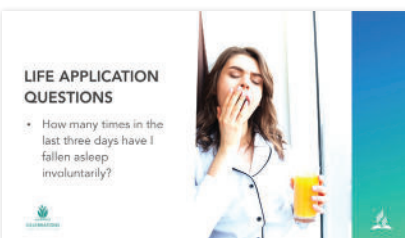
The Lord wants us to fellowship with Him, especially on the Sabbath day, because He created us as His children. Part of the blessing of the Sabbath rest comes as we support and relate with others during these special hours. Christ said in Mark 2:27, "The Sabbath was made for man, and not man for the Sabbath" (NKJV).

Daily sleep and a weekly rest empower us to be receptive to the blessings of God physically, mentally, emotionally, socially, and spiritually, thus continually restoring us to optimal health



SLIDE 25 (LIFE APPLICATION QUESTIONS)

We will now focus on some life application questions regarding rest. We will review them carefully so that you have time to consider the questions and apply what you are learning to your life. Please write your responses in your Celebrating Rest participant worksheets. You are welcome to ask questions and to look back over the material.




SLIDE 26 (LIFE APPLICATION QUESTIONS)

How many times in the last three days have I fallen asleep involuntarily?



LIFE APPLICATION QUESTIONS

- How many hours of nightly sleep have I had during that same time?
- Do I need to reassess my sleeping habits?



SLIDE 27 (LIFE APPLICATION QUESTIONS)

How many hours of nightly sleep have I had during that same time? Do I need to reassess my sleeping habits?

LIFE APPLICATION QUESTIONS

- Am I staying up too late at night?
- What delays my preparation for bed?




SLIDE 28 (LIFE APPLICATION QUESTIONS)

Am I staying up too late at night? What delays my preparation for bed?

LIFE APPLICATION QUESTIONS

- Do I need to exercise more, or perhaps earlier in the day?




SLIDE 29 (LIFE APPLICATION QUESTIONS)

Do I need to exercise more, or perhaps earlier in the day?

LIFE APPLICATION QUESTIONS

- Have I had too big a meal in the evening, or eaten too late?




SLIDE 30 (LIFE APPLICATION QUESTIONS)

Have I had too big a meal in the evening, or eaten too late?

LIFE APPLICATION QUESTIONS


- Am I worrying about something that is keeping me awake?



SLIDE 31 (LIFE APPLICATION QUESTIONS)

Am I worrying about something that is keeping me awake?





LIFE APPLICATION QUESTIONS

- Am I choosing to watch too much TV or play too many games?

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SLIDE 32 (LIFE APPLICATION QUESTIONS)

Am I choosing to watch too much TV or play too many games?



LIFE APPLICATION QUESTIONS

- Do I need to see my physician about a sleep disorder, such as sleep apnea?

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SLIDE 33 (LIFE APPLICATION QUESTIONS)

Do I need to see my physician about a sleep disorder, such as sleep apnea?



LIFE APPLICATION QUESTIONS

- A husband and wife worked late and then went out to dinner with friends. The meal was delicious, but the couple ate too much.

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SLIDE 34 (LIFE APPLICATION QUESTIONS)

At this time we will divide into small groups of three or four. This will be a great opportunity for you to get to know one another and to work together as we discuss the next series of questions in our groups. You may write your responses and/or the group's responses in your Celebrating Rest participant worksheets.

A husband and wife worked late and then went out to dinner with friends. The meal was delicious, but the couple ate too much.



LIFE APPLICATION QUESTIONS

- Neither slept well when they eventually got to bed. The next evening they arrived home late again and then watched a late-night TV show.

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SLIDE 35 (LIFE APPLICATION QUESTIONS)

Neither slept well when they eventually got to bed. The next evening they arrived home late again and then watched a late-night TV show.



LIFE APPLICATION QUESTIONS

- The next morning the couple had a heated argument about who should pick-up the dry cleaning. Why would they argue about such an inconsequential thing?



SLIDE 36 (LIFE APPLICATION QUESTIONS)

The next morning the couple had a heated argument about who should pick-up the dry cleaning. Why would they argue about such an inconsequential thing?

LIFE APPLICATION QUESTIONS

- Were they thinking clearly? How can I prevent something like that from happening to me?



SLIDE 37 (LIFE APPLICATION QUESTIONS)

Were they thinking clearly? How can I prevent something like that from happening to me?

LIFE APPLICATION QUESTIONS

How many of the following symptoms have I observed in myself lately?

- lower productivity;
- short attention span;
- inability to solve complex problems, think clearly, or remember quickly.



SLIDE 38 (LIFE APPLICATION QUESTIONS)

How many of the following symptoms have I observed in myself lately?

- lower productivity;
- short attention span;
- inability to solve complex problems, think clearly, or remember quickly.

LIFE APPLICATION QUESTIONS

- How do I demonstrate that I value my sleep?
- What choices do I have to make in order to get adequate and restful sleep?
- Should I choose to get up at the same time on weekends as I do during the week so that I establish good-habit patterns?




SLIDE 39 (LIFE APPLICATION QUESTIONS)

- How do I demonstrate that I value my sleep?
- What choices do I have to make in order to get adequate and restful sleep?
- Should I choose to get up at the same time on weekends as I do during the week so that I establish good-habit patterns?

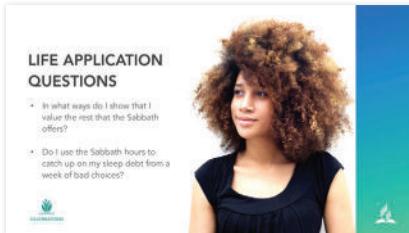
LIFE APPLICATION QUESTIONS

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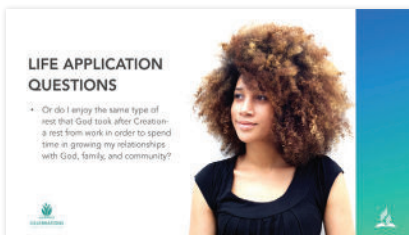
SLIDE 40 (LIFE APPLICATION QUESTIONS)

What arrangements in my bedroom do I have to change to foster better sleep?
How can I make a decided choice to put my trust in God and leave my burdens with Him?

**SLIDE 41 (LIFE APPLICATION QUESTIONS)**

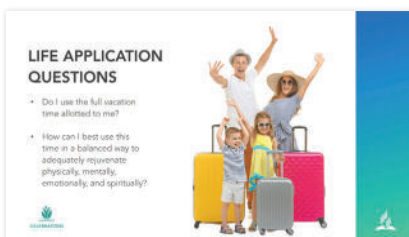
In what ways do I show that I value the rest that the Sabbath offers?

Do I use the Sabbath hours to catch up on my sleep debt from a week of bad choices?

**SLIDE 42 (LIFE APPLICATION QUESTIONS)**

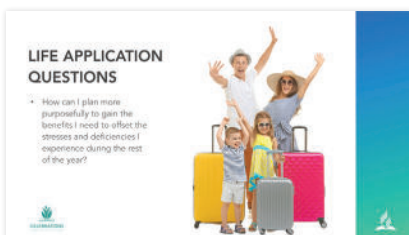
Or do I enjoy the same type of rest that God took after Creation—

—a rest from work in order to spend time in growing my relationships with God, family, and community?

**SLIDE 43 (LIFE APPLICATION QUESTIONS)**

Do I use the full vacation time allotted to me?

How can I best use this time in a balanced way to adequately rejuvenate physically, mentally, emotionally, and spiritually?

**SLIDE 44 (LIFE APPLICATION QUESTIONS)**

How can I plan more purposefully to gain the benefits I need to offset the stresses and deficiencies I experience during the rest of the year?

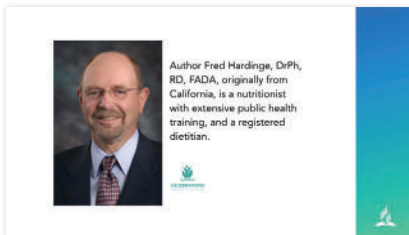


CELEBRATIONS
LIVING LIFE TO THE FULLEST



SLIDE 45 (LIFE APPLICATION QUESTIONS)

We are glad that you took the time to attend this discussion. We look forward to seeing you at the next CELEBRATIONS presentation!



SLIDE 46 (LIFE APPLICATION QUESTIONS)

Author Fred Hardinge, DrPh, RD, FADA, originally from California, is a nutritionist with extensive public health training, and a registered dietitian.







SESSION 6 **WORKSHEET**

PLEASE NOTE: THE FOLLOWING OUTLINE IS PROVIDED AS A GUIDE FOR PERSONAL NOTE TAKING.

The R in CELEBRATIONS stands for _____ . _____
is one of the 10 most common reasons people visit a doctor in the United States.

Without rest, humans become:

- 1.
- 2.
- 3.
- 4.

Sleep deprivation impairs our cognitive performance, which influences our:

- 1.
- 2.
- 3.

Without adequate sleep, we become less capable of making good _____. Fatigue lowers our cognitive efficiency, lessens the _____ of our surroundings, _____ the ability to process new information, _____ our long-term memory, and _____ learning of new information. When we miss out on sleep, we accumulate what is called _____. One study showed that those who slept 7 hours a night were _____ percent less productive, while those who got 6 hours of sleep dropped by _____ percent. Those who slept only 5 hours a night for 21 days produced at _____ of those who slept a full 8 hours a night.

Sleep also affects our metabolism of carbohydrates, production of _____, the stress hormone, and insulin sensitivity. These factors can lead to _____. Sleep deprivation leads to decreased performance similar to that which occurs when one uses _____.

Sleep is divided into nonrapid-eye-movement and rapid-eye-movement sleep. Non-rapid—eye-movement sleep is characterized by:

Rapid-eye-movement sleep is similar to _____ because: During rapid-eye-movement sleep, we _____. This stage is important for _____ and _____. During this phase of sleep our memories are _____ and _____. Rapid-eye-movement sleep and nonrapid-eye-movement sleep occur in approximately _____-minute cycles.



Truly restorative sleep requires wise choices, including:

- 1.
- 2.
- 3.
- 4.

To help our bodies prepare for healthful sleep, we must:

- 1 Establish a _____.
2. Get _____ every day, several hours before bedtime.
3. Establish regular times to _____ and _____.
4. Have a _____ free from _____.
5. Eat _____ in the evening.
6. Avoid _____ before bedtime.
7. See a doctor if you suspect a _____.
8. Give your problems and anxieties to _____. Humans need more than daily rest; we need _____ and _____ rest to remain mentally productive.

CELEBRATING REST QUIZ

SHORT ANSWER: WRITE A SHORT RESPONSE THAT BEST ANSWERS THE FOLLOWING QUESTIONS

Question 1

- A. How many times in the last three days have I fallen asleep involuntarily?

- B. How many hours of nightly sleep have I had during that same time?

- C. Do I need to reassess my sleeping habits?

- D. Am I staying up too late at night?

- E. What delays my preparation for bed?

- F. Do I need to exercise more, or perhaps earlier in the day?



- G.** Have I had too big a meal in the evening, or eaten too late?

- H.** Am I worrying about something that is keeping me awake?

- I.** Am I choosing to watch too much TV or play too many games?

- J.** Do I need to see my physician about a sleep disorder, such as sleep apnea?

Question 2

How many of the following symptoms have I observed in myself lately?

- A.** lower productivity
- B.** short attention span
- C.** bad judgment calls
- D.** inability to solve complex problems, think clearly, or remember quickly

Question 3

A. How do I demonstrate that I value my sleep?

B. What choices do I have to make in order to get adequate and restful sleep?

C. Should I choose to get up at the same time on weekends as I do during the week so that I establish good-habit patterns?

D. What arrangements in my bedroom do I have to change to foster better sleep?

E. How can I make a decided choice to put my trust in God and leave my burdens with Him?



GROUP DISCUSSION

Question 4

A husband and wife worked late and then went out to dinner with friends. The meal was delicious, but the couple ate too much. Neither slept well when they eventually got to bed. The next evening they arrived home late again and then watched a late-night TV show. The next morning the couple had a heated argument about who should pick up the dry cleaning.

A. Why would they argue about such an inconsequential thing?

B. Were they thinking clearly?

C. How can such irritable feelings be prevented?

Question 5

A. In what ways do I show that I value the rest that the Sabbath offers?

B. Do I use the Sabbath hours to catch up on my sleep debt from a week of bad choices?

C. Do I enjoy the same type of rest that God took after Creation—a rest from work in order to spend time in growing my relationship with God, family, and community?

Question 6

A. Do we use the full vacation time allotted to us?

B. How can we best use this time in a balanced way to adequately rejuvenate physically, mentally, emotionally, and spiritually?

C. How can we plan more purposefully to gain the benefits we need to offset the stresses and deficiencies I experience during the rest of the year?



CELEBRATING REST QUIZ/KEY

FACILITATORS: PLEASE NOTE THAT ANSWERS TO THE QUESTIONS
WILL VARY DUE TO THE PERSONAL NATURE OF THE RESPONSE.