



The 10,000 Toes Campaign presents:



# Health Keys

We have touched on the benefits of rest, rhythms of time, routine, and sleep.

But tonight we want to delve deeper into what happens DURING sleep.



Sweet  
Sleep

Is that not precious?

Seeing a sleeping dog or cat or any other animal, usually stirs up feelings of peace and rest in us.



But let's be honest, there is nothing more precious than seeing a baby sleep.

Is it not the most beautiful thing in the world??

Of course for parents who have difficult babies, it is extra sweet when a restless baby finally falls asleep.

But sadly we, as adults, tend to have serious sleep issues.



## Sleep deprivation

- Increased risk of NCDs
- Increased risk of depression and anxiety
- Increased risk of dementia
- Poor productivity

1 out of 3 adults do not get enough sleep on a regular basis.

- Adults need about 7-9 hours per night but many adults are getting less than 6 hours of good rest each night.
- Lack of sleep is linked to – increased risk of diabetes, heart disease, weight gain, depression & anxiety
- People who sleep less than 6 hours are significantly more likely to experience psychological distress – mental health issues

We are in constant fatigue. As a result of this we have brain fog and reduced/impaired memory.

Even Alzheimer's and other types of dementia increase due to insufficient sleep.

Practically speaking - for daily life - we are less productive when we are sleep deprived, so a task that could have taken 10min to complete, can take up to 40min to finish.

## Consequences

- **Increased cortisol**
- **Metabolic disorders**
- **Cravings**
- **Poor immune function**



Even just a single night of poor sleep can:

- cause your cortisol levels to shoot up by 37%
- and after 2 nights of poor sleep, cortisol can increase 45%.

This causes a host of problems with blood sugar, blood pressure, and other metabolic functions. Weight gain, cravings for junk, reduced self-control - all these negative consequences follow on after poor or insufficient sleep.

What is more:

Even minimal poor sleep causes a reduction in how well your immune system can fight off disease



One study done in 2004 at the University of Chicago, found that even after 2 nights of poor sleep, there were significant changes in

- hunger hormone (called ghrelin) and also in the
- hormone leptin

What is the result?

Drastic increases in sugar cravings, and

Drastic reduction is a feeling of satisfaction after eating, meaning you don't feel like you have had enough, and you constantly feel like eating sugary junk.

# Cycles



Let's talk about what sleep SHOULD do.

Firstly, sleep is not just one long and consistent rest.

There are different stages of sleep.

- light sleep
- deep sleep
- dream sleep (also known as REM sleep)

The body repeats these stages in 4-6 cycles per night, each cycle lasting about 90minutes.

When your sleep is interrupted or cut short, you wake up before completing a cycle, meaning your body misses out on important benefits.

What are those benefits?





Think of sleep as the night-shift in a supermarket. When the doors are closed to customers, that is when cleaning staff can best clean up the store, right?

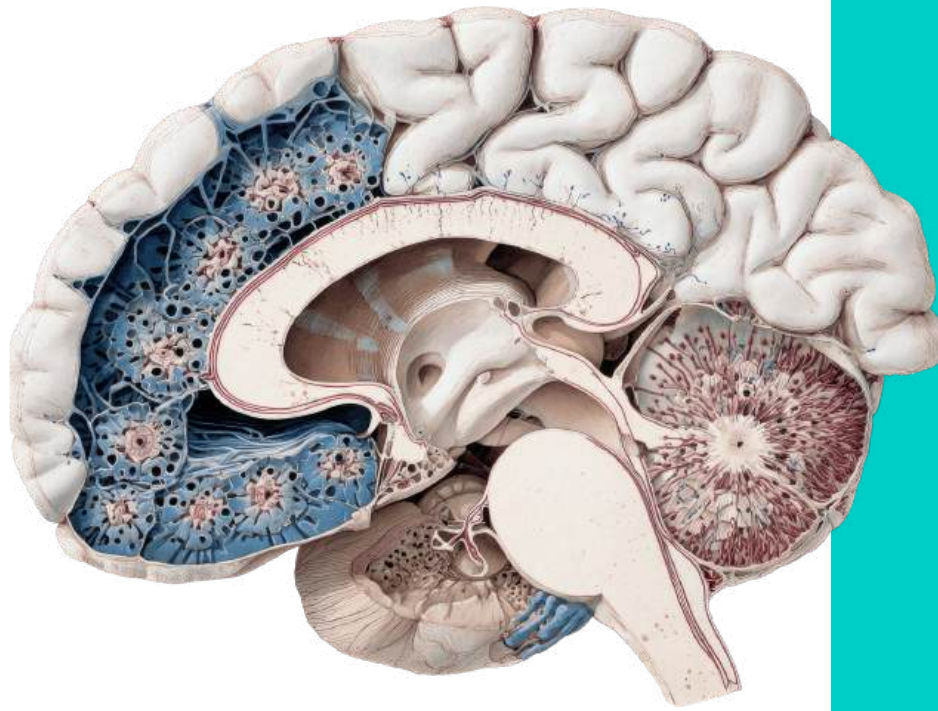
The same is true for our bodies. When everything settles down for the night (and we fall asleep), then a powerful process begins.

During sleep, when digestion is COMPLETE, the liver switches over to “night shift” work, which is to help the body get rid of toxins.

The liver, along with various other detox organs like the kidneys, lymphatics, and digestive tract, all work together on clean-up and repair

This detox process happens most powerfully during hours of RESTFUL sleep.





The BRAIN also has a sleep-cleaning process.

During the day, toxins build up in the brain. These toxins interfere with memory retention, reasoning, risk calculation, and other vital brain functions.

During sleep, and ONLY during sleep, these toxins are moved out of brain cells into a lymphatic drainage system that carries these toxins away to where they will be excreted from the body.

Isn't God design amazing once you get to know a little more of the detail?



## **“Be sober, be vigilant...”**

1 Peter 5:8

We all want to have good memories, and not struggle to recall details we have heard or studied, right?

The Bible also encourages us to be sober-minded (which means to have a clear mind that can think and reason effectively).

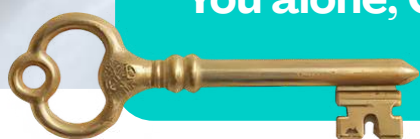
A key aspect to achieve this, is to get sufficient, RESTFUL sleep each night.

Now how do we do that in this crazy, noisy, stressful world?



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

**Psalms 4:8**



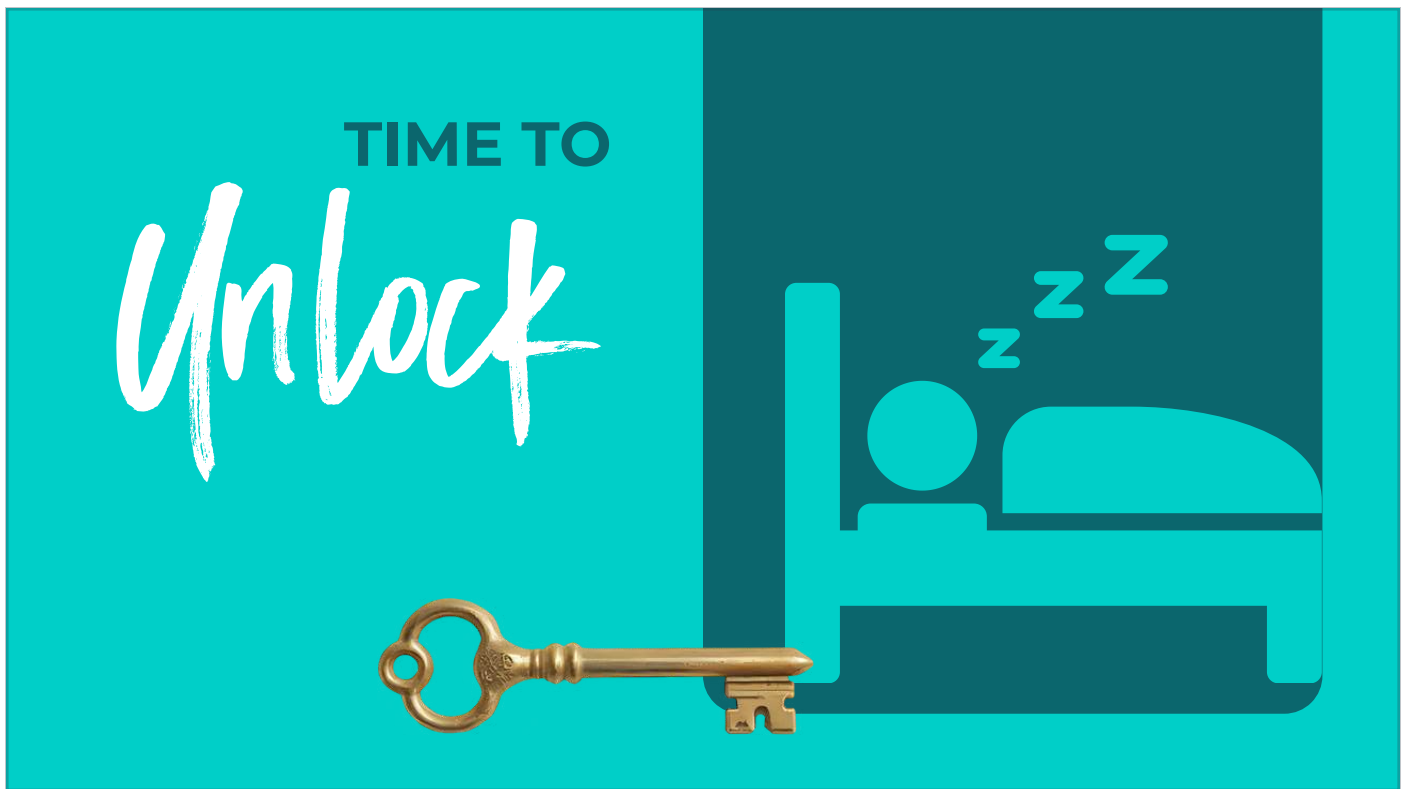
One thing that we can ALWAYS access, no matter our location, culture, or finances.

We can ALWAYS rest in the safety of God’s protection and love.

Listen to this promise from Psalms 4:8:

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

Do you hear the invitation to TRUST Him, and rest in peace?



Tonight we've seen again how important sleep is – not just how long we sleep but how our bodies follow a rhythm and complete cycles of rest.

So here is the challenge –

Go to bed at a consistent time...  
and allow yourself enough time for a full nights sleep.



# Want to unlock **more?**



## REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.