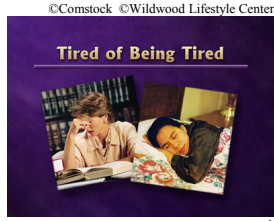


Tired of Being Tired?



1

Are you tired of being tired? If you're like most people the answer is probably "yes."



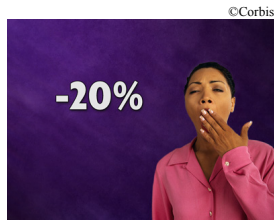
2

Unfortunately, we live in a society today that does not value the importance of rest and sleep. Sleep is too often considered to be a waste of time, a bare necessity to be finished as quickly as possible.



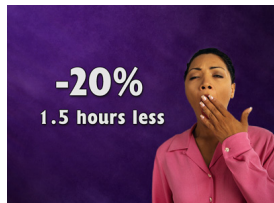
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People are reluctant to say good night to responsibilities and fun. Job and family beckon. The Internet and late night television entice us. Supermarkets and megastores lure shoppers well into the wee hours of the morning.



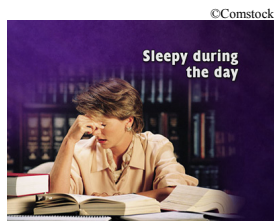
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Over the past several decades' adults in the USA have decreased the average number of hours of sleep by about twenty percent.¹



5

This means that we are sleeping 1.5 hours less than our grandparents!



6

As a result, 40% of Americans report being so sleepy during the day that it interferes with their daily activities.²

Tired of Being Tired?



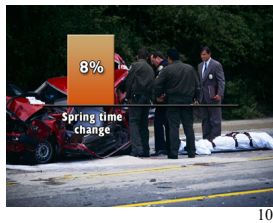
Of critical concern is the effect this has on our safety on the highway.



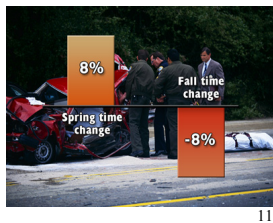
In America alone over 100,000 automobile accidents occur each year because of drowsy drivers!



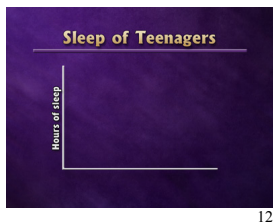
Amazingly, research in Canada has shown that traffic accidents...



...increase by 8% in the 24 hours following the spring time change when only an hour of sleep is usually lost,...

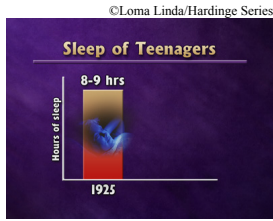


...and an almost equal decrease occurs in the fall when an hour is gained!³



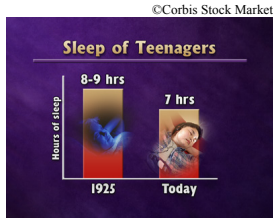
Also alarming is the dramatic decrease in the sleep of teenagers.

Tired of Being Tired?



13

Seventy-five years ago this age group was sleeping 8-9 hours per night.



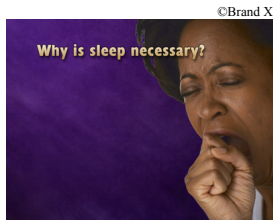
14

However, today that has dropped to 7 hours or less⁴, even though they actually need more than when they were pre-teens.



15

In a recent survey, 60% of American teens under the age of 18 complained about being tired during the day, and 15% reported falling asleep at school!



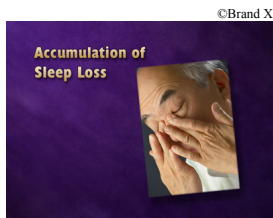
16

Why is sleep necessary?



17

Depriving ourselves of sleep is much like depriving ourselves of food. If we eat fewer calories than we need each day, we will slowly lose weight because the effects are cumulative.



18

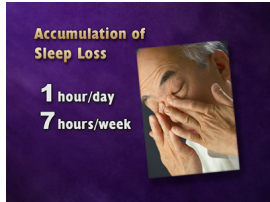
In the same way, when we deprive ourselves of sleep, we accumulate the total amount of sleep loss over days.

Tired of Being Tired?



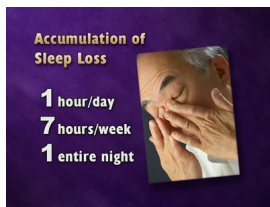
19

If you lose 1 hour of sleep each night, for a week, at the end of the week you will have...



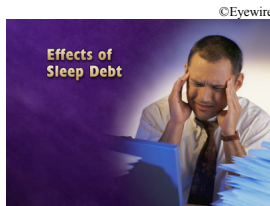
20

...a sleep debt of 7 hours,



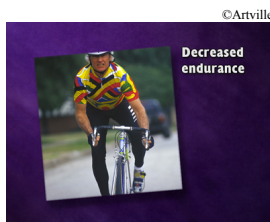
21

...which is nearly the same as losing a whole night's sleep.



22

What is surprising to many people is that a sleep debt of as little as 3-8 hours will produce noticeable effects on our physical and mental performance!



23

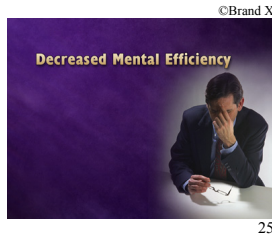
For example, research on French cyclists who had lost only 3 hours of sleep showed they fatigued faster than when rested!⁵



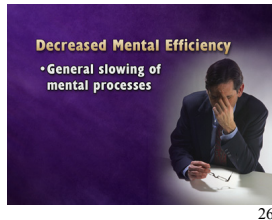
24

Evidence continues to accumulate that relatively small amounts of sleep loss weakens the immune system and makes us more likely to succumb to infections and disease.⁶

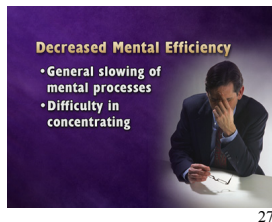
Tired of Being Tired?



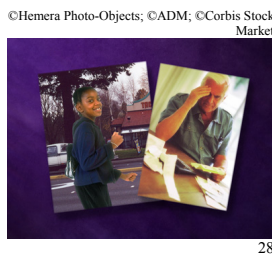
Sleep deprivation has direct effects on thinking ability and mental efficiency. During the past 10 years scores of studies have demonstrated a very clear pattern of findings.



Sleep debt produces a general slowing of most mental processes.



- Sleepy people have a difficult time concentrating and keeping their attention fixed on the task at hand. Important information is frequently missed, and these lapses can be disastrous.



- A momentary lapse while driving could result in not seeing a child running onto the street, or an accountant can miss a number in a column of figures thereby arriving at an incorrect conclusion. These momentary flickers in sustained attention are directly related to the amount of sleep debt.

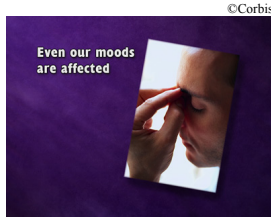


- Sleep debt can have a marked impact on our performance. A tired person may be able to recall information from their long-term memory with fair accuracy,...



- but it is the short-term (immediate) memory that is most affected. This can have drastic effects on complex tasks like important contract negotiations or driving a car on a busy freeway.

Tired of Being Tired?



31

- Even our moods are affected by sleep debt! Not only do tired people feel more fatigued and less vigorous, but they also tend to become more depressed.



32

- As sleep debt increases people lose their ability to enjoy things and activities they normally do. They often withdraw from others, as their irritability increases significantly.



33

- The ability to exercise routine problem solving may remain intact with moderate amounts of sleep debt.



34

- However, the more difficult problems require novel and creative solutions that are much less likely to come to mind when we are tired.



35

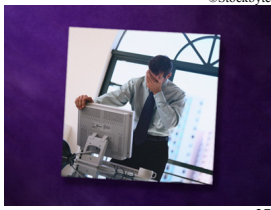
- As we become more tired we act more like an airplane on autopilot. We can usually handle the simple changes and the relatively ordinary demands of life most of the time.



36

- However, anything out of the ordinary will increase the likelihood of our making significant errors.

Tired of Being Tired?



- Motivation to tackle the tough tasks of life suffers also. Sleep-deprived individuals have been found unwilling or unable to work at tasks that require more than automatic performance!⁷



- The bottom line is that when we allow ourselves to get tired the highest mental functions are compromised. Our decision-making ability is compromised, and everything we do is negatively affected:



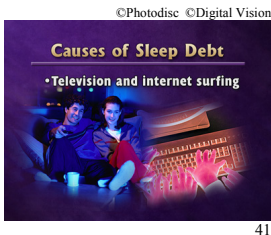
- our Learning abilities,
- our Reasoning abilities,
- our Safety,
- our Efficiency,
- our Communication skills
- and our Relationships.



What are the causes of sleep debt?

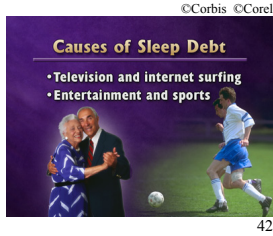
In the modern world there are many reasons why so many do not get enough sleep. For most it is simply that they have not learned to value sleep, and as humans we rarely choose to do what we do not value.

- Some of the most common thieves of sleep are:

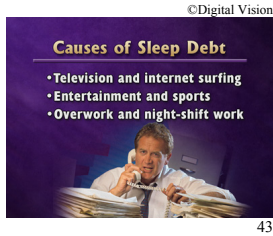


- Television and internet surfing

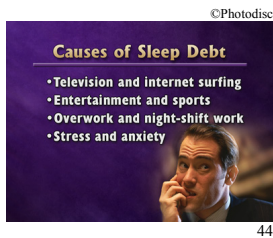
Tired of Being Tired?



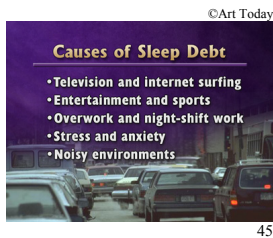
- Entertainment and sports



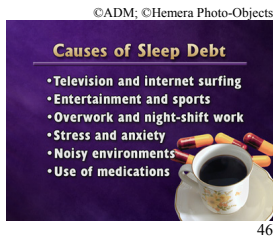
- Overwork and night-shift work



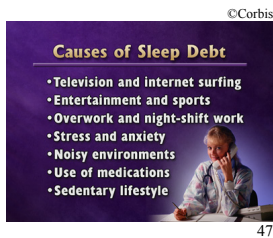
- Stress and anxiety



- Noisy environments

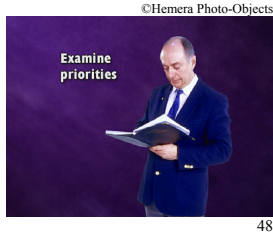


- Use of many common medications and stimulants such as caffeine, and...



- Sedentary lifestyle.

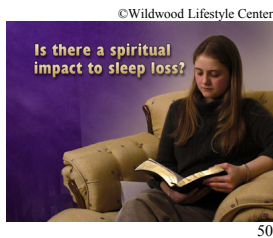
Tired of Being Tired?



While we love to blame the boss for making us work too much, we must honestly examine all our activities in light of our personal priorities!



Today's society has come so far from the simplicity of life that we find ourselves surrounded by excess stimulation. As a result even our spiritual lives can suffer.

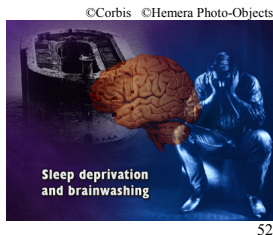


Is there a spiritual impact from sleep loss?

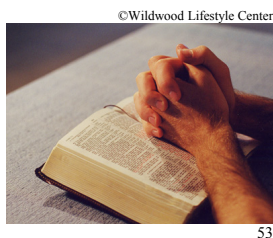
Fatigue has a more important impact on our spiritual lives than it has on our ordinary daily activities!



Optimal decision-making capacity is necessary to differentiate between right and wrong. In addition, when we are tired we have even less motivation and will-power to act on what we know is correct. Thus we fall into temptation more easily.



Remember, for centuries sleep deprivation has been a most effective ingredient of brainwashing, and is even purposefully used today by professional labor and hostage negotiators. Severe sleep deprivation may even precipitate episodes of psychosis.



Bible study and prayer is the lifeline of the Christian. If we are tired, it will lessen our interest and ability to study and understand the Bible, and will weaken our commitment to communicate with God in prayer.

Tired of Being Tired?



How much sleep do we need?

Most sleep researchers agree that humans can "get by" on about 7 hours of sleep per night. But how many of us want to just get by in life? The evidence is strong that for peak performance in all areas of our lives, we need about 8 hours of sleep each night.



Students need a little more to maximize their learning and memory abilities. Obviously, getting those amounts of sleep will require careful choices and self-discipline.



Here are a few things you can do to keep in good rested condition:



Have a regular time for going to bed and a regular time to rise that allows you 8-9 hours of good sleep--and stick to your schedule.



Exercise a minimum of 30 minutes each day, preferably outdoors and during the day. Sunshine and fresh air can promote sound, sweet sleep.



Eat a healthful diet and avoid late, large evening meals.

Tired of Being Tired?

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60

Set aside one day each week for rest and recuperation and take a truly restful vacation each year.



61

Avoid the use of alcohol, caffeine, or other stimulants and eliminate watching exciting or depressing television.



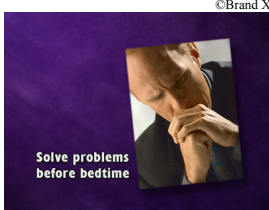
62

Sleep in a dark, quiet, cool room with a firm, comfortable bed whenever possible.



63

When you are tired, take a 15-30 minute nap to restore rested performance.⁸



64

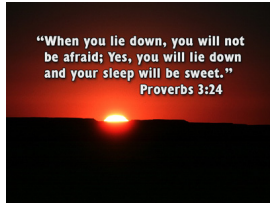
If you find yourself troubled or upset make an effort to solve the problem as best you can before bedtime.



65

Learn to control your stress and anxiety positively by putting your trust in God.

Tired of Being Tired?



66

Then "When you lie down, you will not be afraid; yes, you will lie down and your sleep will be sweet." Proverbs 3:24



67

There are significant rewards for choosing to get enough rest: A rested person will accomplish more in less time and do it better, more efficiently, and safely! They will also be better lovers of God, spouses, children, and others.

¹ Wake Up America: A National Sleep Alert, 1993

² "Sleep In America" Survey, National Sleep Foundation, 1999

³ NEJM 334 (1996): 924

⁴ Wake Up America: A National Sleep Alert, 1993

⁵ Mouglin, et al., European Journal of Applied Physiology 63 (1991): 77-82

⁶ Sleep Research Online 1(4): 107-111, 1999

⁷ Engle-Friedman, et al, Sleep 22 (1999), 151

⁸ NASA Technical Memo 103884

Tired of Being Tired?

Supplementary information:

How Much Sleep Debt do You Have?

Score yourself on the following items using this scale:

0 = would never doze	2 = moderate chance of dozing
1 = slight chance of dozing	3 = high chance of dozing

- ___ 1. Sitting and reading
- ___ 2. Watching TV
- ___ 3. Sitting, inactive in a public place (i.e., church, a meeting)
- ___ 4. As a passenger in a car for an hour without a break
- ___ 5. Lying down to rest in the afternoon when circumstances permit
- ___ 6. Sitting and talking to someone
- ___ 7. Sitting quietly after a lunch without alcohol
- ___ 8. In a car, while stopped for a few minutes in traffic

Add up each response and total to calculate your total score. Then compare to the table below:

0-5	Slight or no sleep debt
6-10	Moderate sleep debt
11-20	Heavy sleep debt
21-24	Extreme sleep debt

(Note: I have seen this assessment published in several places in the last couple of years. I don't know that it is copyrighted, but it might be. It appears in William Dement's new book, *The Promise of Sleep*.)

This assessment you may use, as I have a copyright on it.

The FatigueBusters® Double Check Checklist.

- I feel tired.
- My sleep last night was shorter than 8 hours or of poor quality.
- I have been awake for more than 12 hours.
- During the past week I have slept less than 8 hours per night.
- Today I experienced unusual mental lapses and/or clumsiness.
- I am feeling irritable, upset or angry. Today has been especially stressful.
- I have recently been sick.
- I consumed alcohol or sleep-inducing medications during the past 24 hours.
- Today I drank less than 6-8 glasses of water.
- My meals were irregular today, or I had a large, fatty meal less than four hours ago.

How are you doing? If you checked one or more items, your decision-making ability, safety, emotions and communication skills may be seriously compromised!

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Tired of Being Tired?

EGW quotes:

“God instituted the Sabbath as a day of rest to repair nature's exhausted energies. No mind can continue day after day without cessation, either in business, which taxes the mental powers, or in the acquirement of knowledge, without injury. There is no night in Heaven. There is no wear and weariness of the human machinery. There we shall never be sensible of fatigue; never need or want repose. There is no tire in performing God's will; we shall never be wearied in sounding his praise. We shall always have the freshness of the morning. But as we are now in this world, with bodies which weary, we must pay heed to God's plans, and take repose when we need it. PHO43, p. 39

“Do not become overwhelmed with the great amount of work you must do in your lifetime, for you are not required to do it all at once. Let every power of your being go to each day's work, improve each precious opportunity, appreciate the helps that God gives you, and make advancement up the ladder of progress step by step. Remember that you are to live but one day at a time, that God has given you one day, and heavenly records will show how you have valued its privileges and opportunities. May you so improve every day given you of God that at last you may hear the Master say, "Well done, thou good and faithful servant." ML 95.4