

# SLEEP

## A SURE DEFENSE

BELOVED, I PRAY THAT YOU MAY PROSPER IN ALL THINGS AND BE IN HEALTH, JUST AS YOUR SOUL PROSPERS.

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Is getting enough sleep really as important as they say it is? Sleep has been studied in various ways for many years. As a result of these studies, we have been given some guidelines to follow that will help us get the right amount of sleep.

We all know that when you haven't had enough sleep, your brain becomes clouded. As well as creating frustration and grumpiness, a lack of sleep has an effect on how well you are able to focus and perform in school. Without the proper amount of sleep, you're not able to make good decisions, concentrate, or remember things easily.

Did you know that your body was created with its own internal soldiers? Killer cells are a type of white blood cell that attack infections introduced into your body. When you don't get enough sleep, the population of those killer cells decreases by 70 percent!



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How effective do you think an army would be if only 30 percent of its soldiers were fighting a battle? In the very same way, when you get too little sleep, your body finds it harder to keep you healthy.

Sleep is looking pretty important, don't you think?

HERE ARE A FEW THINGS YOU CAN DO THAT WILL HELP YOU GET BETTER SLEEP:

- GET DAILY EXERCISE.
- START YOUR BEDTIME ROUTINE EARLIER.
- AVOID CAFFEINATED AND SUGARY FOODS.
- AVOID SCREEN TIME OR SIMILAR ENERGIZING ACTIVITIES A HALF HOUR TO AN HOUR BEFORE BED.

God wants you to be happy and healthy, and one very sure way to achieve this is to get plenty of sleep. We want our minds to be clear so they can be guarded from the attacks of the enemy, so we need to be sure to get plenty of sleep. With the proper amount of sleep, we will be able to stand strong when we are tempted. 🐾

Here are some sleep recommendations from the National Sleep Foundation.<sup>1</sup>

**Preschoolers (3–5 years)**

Recommended: 10–13 hours  
No less than 8 hours, no more than 14

**School-aged children (6–13 years)**

Recommended: 9–11 hours  
No less than 7 hours, no more than 12

**Teenagers (14–17 years)**

Recommended: 8–10 hours  
No less than 7 hours, no more than 11

HELP TOMMY CHOOSE GOOD HABITS FOR A BETTER NIGHT'S SLEEP.

START

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