



To Give Hope in these times

“In peace I will lie down and sleep,
for you alone, Lord, make me dwell
in safety.”

Psalm 4:8



If you have insomnia:

+If you exercise, try to relax for an hour before going to bed.

This will help you be able to sleep better.



+Don't eat food that is difficult to digest right before going to bed,

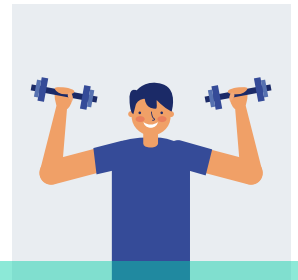
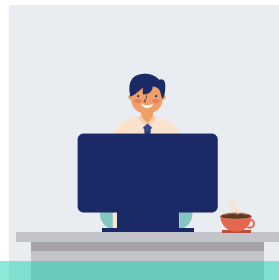
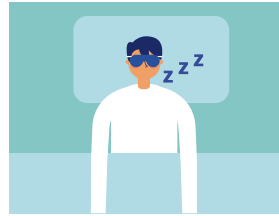
like meat or greasy foods. They can prevent you from sleeping. Try to eat no later than two hours before you are ready to go to bed.



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+Establish a bedtime and morning routine.

If you work at home, your bedtime routine should be the same as when you worked outside your home.



+Don't watch shows or read items that make you tense, anguished or scared.

They will increase anxiety and prevent you from sleeping. Do your best to be relaxed when you lie down, and avoid thoughts that will keep you from sleeping.

+Don't sleep during the day.

It will keep you from feeling sleepy at night. Take a rest without napping during the day.

+Learn to identify what is urgent and what is not.

Prioritize the items you must accomplish every day.



+Make Psalm 4:8 a reality every night.

Read it, meditate on it, and sleep with its assurance in mind. You will realize that God cares for us and fills us with peace as we sleep through the night.