Days 1-2

Believe it or not the Bible has a lot to say about sleep. For example, Proverbs 20:13 tells us that we shouldn't love too much sleep, and Psalm 3:5 teaches us that God is the one Who sustains us when we sleep.

But how much sleep is too much, and how much sleep is too little?

Well, the Bible doesn't tell us that, but modern sleep sciences have determined that—in general—the following are healthy daily requirements:

	Age Range	Hours of Sleep
Newborns	0-3 months	14-17 hours
Infants	4-11 months	12-15 hours
Younger Children	1-6 years	11-14 hours
Older Children	7-12 years	10-12 hours
Young Adults	13-17 years	9-11 hours
Independent Adults	18-29 years	8-10 hours
Mature Adults	30+ years	7-9 hours

Obviously these are averages, and there are various factors that can affect these numbers. So, for now, we're going to take them as suggested goals toward which to work. And since you're receiving this handout, we know that your average sleep falls far under or far over the suggested range.

As you continue please understand that nothing in this handout should be considered "medical advice." Please consult your primary health provider if you have any concerns or questions. For the purposes of this plan, we're going to work together to help you achieve a healthier sleep schedule all to the glory of God.

But in order to develop a healthy plan, we will need to get an accurate understanding of your current sleep routine. Please answer the following questions carefully (6 pages).

Sleep Questionnaire

Main Sleep Complaints

❑ Trouble falling asleep ❑ Trouble remaining asleep

❑ Excessive sleepiness during the day ❑ Snoring

❑ Unwanted behaviors during sleep, such as _____

❑ Other, explain _____

Sleep Patterns

Typical bedtime: _____ weekday _____ weekend

Typical awakening time: _____ weekday _____ weekend

Typical hours in bed: _____ hours

Typical hours of sleep: _____ hours

Typical amount of time it takes to fall asleep: _____ hours

Typical number of awakenings per night: _____

Time it takes to fall back asleep after awakening: _____

My sleep patterns are irregular: ❑ Yes ❑ No

I awaken early in the morning still tired but unable to return to sleep: ❑ Yes ❑ No

Sleep Environment Habits

Typical sleep position(s): ❑ back ❑ side ❑ stomach ❑ head elevated ❑ in a chair
❑ I sleep alone. ❑ I share a bed with someone.
My bedroom is: ❑ comfortable ❑ noisy ❑ too warm ❑ too cold

I have pets in the bedroom: ❑ Yes ❑ No

I watch TV in bed prior to sleep: ❑ Yes ❑ No

I read in bed prior to sleep: ❑ Yes ❑ No

I work or study in bed: ❑ Yes ❑ No

I drink alcohol prior to bedtime: ❑ Yes ❑ No

I drink caffeine prior to bedtime: ❑ Yes ❑ No

I smoke prior to bedtime or when I awaken during the night: ❑ Yes ❑ No

I eat a snack at bedtime: ❑ Yes ❑ No

I eat if I awaken during the night: ❑ Yes ❑ No

Please continue to the next page.

Breathing

I have been told that I snore loudly: ❑ Yes ❑ No

I have been told that I stop breathing while asleep: ❑ Yes ❑ No

I have been told that I snore only when sleeping on my back: ❑ Yes ❑ No

I have been awakened by my own snoring: ❑ Yes ❑ No

I awaken at night choking or gasping for air: ❑ Yes ❑ No

I awaken short of breath: ❑ Yes ❑ No

I have trouble breathing when flat on my back: ❑ Yes ❑ No

I have trouble breathing through my nose: ❑ Yes ❑ No

I have morning headaches: ❑ Yes ❑ No

I sweat a great deal at night: ❑ Yes ❑ No

Daytime Sleepiness

I often feel drowsy during the day, more than I expect is normal: ❑ Yes ❑ No

I feel unrefreshed or tired in the morning despite sleeping at night: ❑ Yes ❑ No

I take I daytime naps: ❑ Yes ❑ No If, Yes, how many? _____

I have uncontrollable urges to fall asleep during the day: ❑ Yes ❑ No

I have experienced lapses in time or blackouts: ❑ Yes ❑ No

I have fallen asleep while driving: ❑ Yes ❑ No

I performed poorly in school or work because of sleepiness: ❑ Yes ❑ No

Please continue to the next page.

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? Use the following scale and indicate the most appropriate number for each situation.

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

Situation	Chance of Dozing
Sitting and Reading	
Watching TV	
Sitting inactive in a public place (theater or meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking with someone	
Sitting quietly after lunch without alcohol	
In a car while stopped for a few minutes in traffic	
Total (range of 0 to 24)	

Restless Leg Syndrome

I kick or jerk my legs excessively during sleep: ❑ Yes ❑ No

This bothers my bed partner: ❑ Yes ❑ No ❑ N/A

I experience a creeping-crawling/tingling sensation in my legs when I try to fall asleep: ❑ Yes ❑ No

I experience an inability to keep my leg still prior to falling asleep: ❑ Yes ❑ No

I experience the feeling of restlessness in my legs at night: ❑ Yes ❑ No

Orexin Related

I experience sudden muscle weakness in response to emotions such as laughter, anger or surprise: ❑ Yes ❑ No

I experience an inability to move while falling asleep or when waking up: ❑ Yes ❑ No

I have experienced hallucinations or dreamlike images when falling asleep or waking up: ❑ Yes ❑ No

I frequently dream during daytime naps: ❑ Yes ❑ No

Parasomnias

I physically act on my dreams while asleep: ❑ Yes ❑ No

I have frequent nightmares: ❑ Yes ❑ No

I talk in my sleep: ❑ Yes ❑ No

I have sleep-walked as an adult: ❑ Yes ❑ No

Miscellaneous

I frequently travel across two or more time zones: ❑ Yes ❑ No

I am more alert in the morning than evening: ❑ Yes ❑ No

I am more alert in the evening than morning: ❑ Yes ❑ No

I awaken alert in the morning earlier than it is time to get up: ❑ Yes ❑ No

I frequently have heartburn or acid reflux at night: ❑ Yes ❑ No

I feel depressed: ❑ Yes ❑ No

I feel anxious: ❑ Yes ❑ No

Chronic pain interferes with my sleep: ❑ Yes ❑ No

The need to urinate frequently interrupts my sleep: ❑ Yes ❑ No

I grind my teeth in my sleep: ❑ Yes ❑ No

I have bedwetting issues (enuresis): ❑ Yes ❑ No

Insomnia

I have trouble falling asleep: ❑ Yes ❑ No

Thoughts start racing through my mind when I try to fall asleep: ❑ Yes ❑ No

I have trouble remaining asleep: ❑ Yes ❑ No

I awaken frequently during the night: ❑ Yes ❑ No

I have difficulty returning to sleep if I awaken during the night: ❑ Yes ❑ No

Habits

I smoke cigarettes (or other tobacco): ❑ Yes ❑ No

If yes, how much: _____

I drink alcohol: ❑ Yes ❑ No

If yes, how much and how often: _____

I drink caffeinated beverages during the day: ❑ Yes ❑ No

If yes, how much: _____ cups/bottles/cans ❑ tea ❑ coffee ❑ soda per day ❑ energy drinks

Social History

Marital status: ❑ Single ❑ Married ❑ Separated ❑ Divorced ❑ Widowed

Employment status: ❑ Employed: Occupation _____
❑ Unemployed ❑ Disabled ❑ Student ❑ Retired: ❑ Yes ❑ No

If you are employed, do you regularly work night shifts: ❑ Yes ❑ No

If you are employed, do you work rotating shifts, including nice shiftwork: ❑ Yes ❑ No

Past Medical History (check all that apply)

❑ Hypertension ❑ Coronary artery disease ❑ Congestive heart failure ❑ Stroke ❑ Seizures

❑ COPD/asthma ❑ Diabetes ❑ Cancer ❑ Thyroid problems ❑ Depression or anxiety

❑ Alcoholism or chemical dependency (yes, if you regularly consume caffeine) ❑ Sinus disease

❑ Allergic rhinitis/nasal congestion ❑ Nasal fracture ❑ Reflux (GERD) ❑ Stomach or colon problems

❑ Fibromyalgia ❑ Back or joint problems (arthritis)

❑ Other _____

Female: ❑ Premenstrual syndrome ❑ Menopause

Male: ❑ Prostate problems ❑ Erectile dysfunction

Prior surgeries: _____

Weight change during the past year: ❑ gained _____ pounds ❑ lost _____ pounds

Current Medications

Medication	Dose	Times Per Day

Allergies: _____

Family History

Has an immediate blood relative had any of the following?

❑ Obstructive sleep apnea

❑ Narcolepsy

❑ Other sleep disorders_____

Great Job! You completed the Sleep Questionnaire

Day 3

The following passages teach powerful truths about various ways our sleep can be affected by our lifestyles.

1. The Bible says you can sleep too much because you're lazy.

Proverbs 20:13, "*Love not sleep, lest you come to poverty; open your eyes, and you will have plenty of bread*."

Proverbs 6:9-11, "*How long will you lie there, O sluggard? When will you arise from your sleep? 10 A little sleep, a little slumber, a little folding of the hands to rest, 11 and poverty will come upon you like a robber, and want like an armed man*."

Proverbs 19:15, "*Slothfulness casts into a deep sleep, and an idle person will suffer hunger*."

Proverbs 24:33-34, "*A little sleep, a little slumber, a little folding of the hands to rest, 34 and poverty will come upon you like a robber, and want like an armed man*."

Proverbs 31:15, "*She rises while it is yet night and provides food for her household and portions for her maidens*."

Luke 6:12, "*In these days he went out to the mountain to pray, and all night he continued in prayer to God*."

2. The Bible illustrates you can sleep at the wrong times.

Matthew 26:40-46, "*And he came to the disciples and found them sleeping. And he said to Peter, 'So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.' 42 Again, for the second time, he went away and prayed, 'My Father, if this cannot pass unless I drink it, your will be done.' 43 And again he came and found them sleeping, for their eyes were heavy. 44 So, leaving them again, he went away and prayed for the third time, saying the same words again. 45 Then he came to the disciples and said to them, 'Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us be going; see, my betrayer is at hand.'*"

Ecclesiastes 3:1, "*For everything there is a season, and a time for every matter under heaven*."

3. The Bible illustrates that not enough sleep is often the result of a lack of faith in God.

Psalm 127:2, "*It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep*."

Psalm 6:6, "*I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping*."

Mark 4:35-41, "*On that day, when evening had come, he said to them, 'Let us go across to the other side.' 36 And leaving the crowd, they took him with them in the boat, just as he was. And other boats*

were with him. 37 And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. 38 But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?" 39 And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. 40 He said to them, "Why are you so afraid? Have you still no faith?" 41 And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?""

Psalm 4:8, "*In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety*."

4. The Bible illustrates that not enough sleep (or sleeping at the wrong times) can be a result of sin.

John 3:19, "*And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil*."

I Thessalonians 5:7, "*For those who sleep, sleep at night, and those who get drunk, are drunk at night*."

Proverbs 7:6-10, "*For at the window of my house I have looked out through my lattice, 7 and I have seen among the simple, I have perceived among the youths, a young man lacking sense, 8 passing along the street near her corner, taking the road to her house 9 in the twilight, in the evening, at the time of night and darkness. 10 And behold, the woman meets him, dressed as a prostitute, wily of heart*."

Job 24:15-17, "*The eye of the adulterer also waits for the twilight, saying, 'No eye will see me'; and he veils his face. 16 In the dark they dig through houses; by day they shut themselves up; they do not know the light. 17 For deep darkness is morning to all of them; for they are friends with the terrors of deep darkness*."

Psalm 32:3-4, "*When I kept silent about my sin, my body wasted away Through my groaning all day long. 4 For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer. Selah*."

Regardless of whether you need more sleep or less sleep, here are some important considerations for everyone.

1. **You will need to see God for Who He is**.
    - We sin when we aren't in awe of God.
    - We need God for genuinely sweet sleep.
2. **You will need to see yourself for who you are**.
    - With the exception of unavoidable physical difficulties, your foolish choices are a major contributor to your sleep problems.
    - With the exception of unavoidable physical difficulties, your sinful choices are a major contributor to your sleep problems.
3. **You will need help to have success**.
    - Up until now, you have built a habit of poor choices.
    - It's vital to have people who can remind us to make better choices.
    - It's necessary to have people who will reprove us when we make wrong choices.

Day 4

Today we need to consider some potential struggles you may have as you try to create new sleep patterns.

1. **For Everybody**

- **Increased Temptation**: The Bible describes Satan as a roaring lion who wants to eat people alive (I Peter 5:*). Any time you set out to conform any part of your life to God's will, you will meet increased pressure from Demonic forces, the World, and your sinful Flesh. Don't be surprised if you're tempted more than usual, but also remember that God provides a way to escape every single temptation you will ever face (I Corinthians 10:13).
- **Failure**: Even though you never have to sin, that doesn't mean that your body will take easily to the new schedule. God created our bodies to fight for equilibrium. This is why drug users form chemical dependancy. After awhile, their bodies make the drug a normal part of their lives, and then when they try to stop, they go withdrawal. Some forms of withdrawal can be fatal. This means that your body has likely already achieved a certain level of equilibrium with your unhealthy sleep habits. Therefore, the body may fight the schedule change, but that doesn't mean it isn't working any more than withdrawal symptoms mean that the addict should start taking drugs again.

2. For People Trying to Get More Sleep

Most people who are sleep deprived have replaced sleep with chemical dependency, usually in the form of caffeine. This means that your body will have to overcome two unhealthy states of equilibrium: 1. a lack of sleep, and 2. an addiction to caffeine.

Talk with your biblical counselor and your doctor about the best ways to decrease your dependence on caffeine. Also remember that if you continue consuming as many energy boosters as you have been, your body will not be able to transition to healthy sleep patterns because it is being artificially kept awake.

It's also possible that your mind will have a difficult time "slowing down" while in bed. This may result in lying awake in bed for what feels like an eternity. This may tempt you to think that you're not tired, but the reality is that your body is exhausted, but your mind has been trained to over-process. There are many tactics for quieting a noisy mind, and your biblical counselor and accountability partners can help you find ones that work for you. But keep in mind that the best course of action is prayer. Consciously talk with God and fall asleep doing so.

You may also be tempted to take chemicals that will cause you to go to sleep. Natural sleep aids taken with careful precision and biblical motivation can be beneficial. Ask your counselor for suggestions. However, many sleep aids can be harmful. Consult your doctor before taking any over the counter sleep aids. Obviously, the best course of action is to train your body how to sleep without "training wheels."

Don't allow "failure" to discourage you. Your body will need time to find a new equilibrium. This is why we do not suggest trying to add hours of sleep to your schedule each night. That will likely end in failure. But slowly adding hours will make it better for your body to achieve a new, healthier equilibrium.

3. For People Trying to Get Less Sleep

Most people who are sleeping too much (who do not have legitimate medical reasons to do so) are going to have a difficult time reducing the amount of sleep for a couple reasons.

First, the body has found an equilibrium that will have to be reprogrammed. Your body is going to try to tell you that you're not getting enough sleep, but your body needs to go through "withdrawal" before it will be able to achieve a healthier equilibrium.

Second, your brain may struggle to function clearly because you will feel tired. This will increase the strength of the Flesh's temptation to convince you that you need to sleep more.

For these reasons you may be tempted to take chemicals that will make you feel more awake. This usually takes the form of caffeine, energy pills, energy drinks, and over the counter supplements. There are healthy, natural supplements that can be used to help your body achieve health and wellness, but the supplements should not be taken in order to artificially wake yourself up. Consult your biblical counselor and your doctor before adding any energy boosters to your regimen.

Another important realization is that you are going to have more time in your day, but will likely not know what to do with it. This can cause a couple problems, 1. instead of doing what you should be doing, you may 2. do things that you shouldn't be doing. Substituting too much sleep for binge watching Netflix is not a Christ-honoring course of action. Work with your biblical counselor to find productive things to do with your time.

Productively engaging your mind and body may seem more difficult at first, but these two habits will actually help you feel less tired over the long run. It's easy to be exhausted and bored when you have nothing to do, but using energy requires the body to produce more of it to meet the demand.

Don't allow "failure" to discourage you. Your body will need time to find a new equilibrium. This is why we do not suggest trying to remove hours of sleep from your schedule each night. That will likely end in failure. But slowly removing time will make it better for your body to achieve a new, healthier equilibrium.

Day 5

The following is your personal plan to achieve more Christ-honoring sleep patterns. Fill in the left side with your target sleep and wake times. When you lie down to sleep and when you wake up, notate the time on the “Actual” line.

If you need to sleep more, plan to go to sleep 1 hour earlier than you did the week before.

If you need to sleep less, plan to wake up at least 30 minutes earlier than you did the week before.

You counselor and accountability partners may suggest different target times. Pay close attention to their suggestions and be willing to try. Remember, this will be difficult. Breaking bad habits always is, but it’s valuable to recognize that we can’t do this in our own power and rely entirely on God.

On Sunday morning I will wake up at _____ am. Actual: _____

On Sunday night I will go to sleep at _____ pm. Actual: _____

On Monday morning I will wake up at _____ am. Actual: _____

On Monday night I will go to sleep at _____ pm. Actual: _____

On Tuesday morning I will wake up at _____ am. Actual: _____

On Tuesday night I will go to sleep at _____ pm. Actual: _____

On Wednesday morning I will wake up at _____ am. Actual: _____

On Wednesday night I will go to sleep at _____ pm. Actual: _____

On Thursday morning I will wake up at _____ am. Actual: _____

On Thursday night I will go to sleep at _____ pm. Actual: _____

On Friday morning I will wake up at _____ am. Actual: _____

On Friday night I will go to sleep at _____ pm. Actual: _____

On Saturday morning I will wake up at _____ am. Actual: _____

On Saturday night I will go to sleep at _____ pm. Actual: _____

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