



SHOW ME YOUR GLORY

PART 5

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SLEEP



PSALMS 127:2

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- “*It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.*”

7 WAYS SCIENCE PROVES EARLY TO BED AND EARLY TO RISE REALLY WORKS

- **1 1. Helps you better deal with negativity.**
- **2. Enhances your chances of success.**
- **3. Morning people are more persistent, cooperative, agreeable, conscientious, and proactive.**
- **4. Sleep keeps you healthy.**
- **5. Reduces stress and makes your happier.**
- **6. You procrastinate less.**
- **7. Sleep makes you look better.**

1. SLEEP HELPS YOU TO DEAL WITH NEGATIVITY

- 1
- **Unhappily:** a study in 2014 determined that people who go to bed later are more likely to be overwhelmed and sick with repetitive negative thoughts. As an entrepreneur, I can vouch for that statement. I can't count how many nights of sleep I've lost worrying about a team member, problem-solving how to secure more funding or wondering if maybe it's time to close-up shop.

WHY DO MILLIONAIRES WAKE UP AT 4AM?

- Do millionaires wake up at 4am?
- Recently in an article in the Wall Street Journal, a journalist interviewed several **billionaires** and discovered that they all seem to find **4am** as their "most productive time of day." If you want to learn why this will only work out for about 15 per cent of the population,

THIS IS YOUR BRAIN- NOT ENOUGH SLEEP (INFOGRAPHIC)

70.000 IDEAS DAILY FROM 6AM TO 6PM

ONLY 5% IS GOOD THOUGHTS 95% IS BAD THOUGHTS

WHAT HAPPENS WHEN YOUR BRAIN DOESN'T SLEEP?

LOST MEMORIES

The hippocampus, a moon-shaped structure in the temporal lobe, exhibits a distinct pattern of neural activity when the waking mind encodes (learns) new information. Scientists believe our brain later "replays" the same activity pattern while we're sleeping to help the info stick. Lose sleep, lose long-term memories.

ANGER

Sleep loss primes us to focus on negative experiences, misinterpret facial expressions and pick fights. Emotional volatility may partly be a product of interrupted communication between brain regions. fMRI of the well-rested brain shows connectivity between the amygdala, a limbic system structure critical to emotional processing, and the medial prefrontal cortex, which helps regulate feelings (i.e., tells us to chill). Sleep deprivation cuts this connection, letting your revved-up amygdala (and your mood) run wild.

IMPAIRED WIT

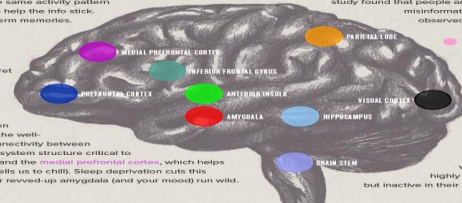
When you skimp on sleep, the clever commentary may not flow so easily. Sleep loss affects cognitive processes like divergent thinking, which helps us switch topics nimbly during conversation. Scientists found that activity in the inferior frontal gyrus increases when sleep-deprived people tried to list uses for different objects, suggesting the brain draws on divergent thinking to compensate for strained cognitive functioning.

HALLUCINATIONS

The well-rested brain filters stimuli (noise, light, smell, etc.) to separate what matters from what doesn't and prevent sensory overload. When the brain can't filter the information coming in, chaos ensues. After pulling an all-nighter, people may begin to anticipate things that aren't there, including objects.

HEAD IN THE CLOUDS

We all lose focus now and then, but brain activity linked to attention lapses changes when people sacrifice sleep. After a good night's rest, these lapses correspond to altered thalamus function and less-active frontal and parietal networks, which basically means we tune out when we're bored. But when sleep-deprived people space out, they also exhibit impaired visual sensory processing, suggesting a whole other level of disengagement with the world. In short: Losing sleep turns you into Phoebe from Friends.



The sleep-starved brain may fail to encode memories successfully in the first place, thanks to altered function in the medial prefrontal cortex and hippocampus regions. One study found that people are more likely to incorporate misinformation into memories of events observed after a night without sleep.

CEREBRAL SHRINKAGE

Healthy adults getting poor sleep lose volume in the temporal and parietal lobes, one study showed. Researchers don't yet understand if sleep loss causes shrinkage or vice versa.

SLOURED SPEECH

The temporal lobe, the brain region associated with language processing, is highly active in well-rested people but inactive in their exhausted and emotion-challenged counterparts.

CRONUT BINGES

Sleep loss corresponds with decreased activity in the inferior frontal gyrus, which controls decision-making, and more activity in the amygdala, a key player in fear detection. Together, these neural changes create a brain mechanism that dulls judgment and ratchets up desire — the ideal mind-state for scarfing down fistfuls of bacon.

RISKY DECISIONS

When sleep-deprived people prepare to make economic decisions, the brain's reward center in the prefrontal cortex lights up, suggesting they expect to win (e.g., make money). But when risky choices don't pan out, people's brain activity decreases in the region related to punishment and aversion (the dorsal striatum), suggesting they don't care about losing money as much as they would on a good night's sleep.

BRAIN DAMAGE

Add all-nighters to the list of things that kill brain cells — in this case, in the hippocampus. The damage may be irreparable, making "catching up on lost sleep" a poor excuse for snoozing till noon on the weekends.

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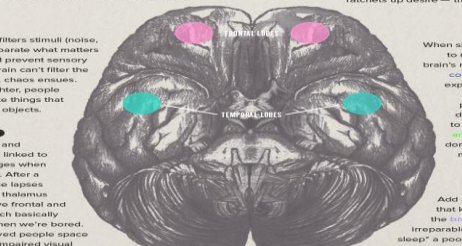
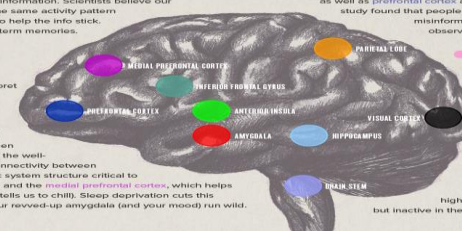
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Sources: The Infographic; Research from The Journal of Neuroscience, Independent School Research Network, Experimental Brain Research, Psychological Reports, LLC, National Medical Sleep Lab, PNAS, International Journal of Occupational Medicine and Environmental Health, The Centers for Disease and Prevention, SLEEP, PLOS One, Psychological Science, Frontiers in Human Neuroscience, NeuroImage



JOB 33:15 TO 16 :

GOD *SEALED HIS INSTRUCTION*

- **15** In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed;
- **16** Then he openeth the ears of men, and sealeth their instruction,

PSALM 1:2

- *The LORD Blesses Job*

...**1** Blessed is the man who does not walk in the counsel of the wicked, or set foot on the path of sinners, or sit in the seat of mockers. **2** But his delight is in the Law of the LORD, and on His law he meditates day and night.

WHATS ARE THE BENEFITS OF MEDITATION

10 Benefits of Meditation to Students

Developing Confidence

Reduce Depression

Increase Happiness

Personal Transformation

Improved Sleep

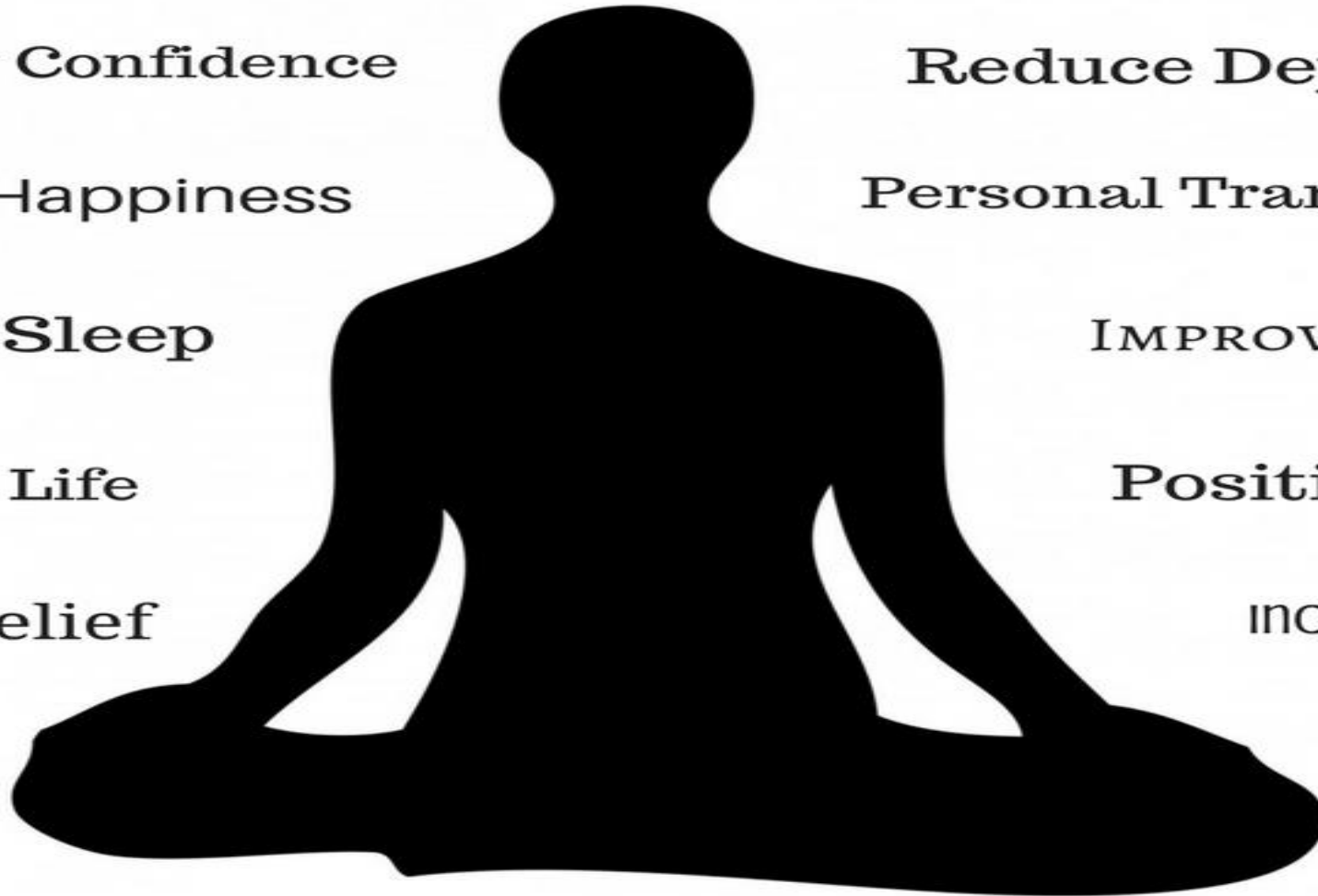
IMPROVE MEMORY

Appreciate Life

Positive Ideas

Stress Relief

increase IQ Level



PROVERBS 6:9-11

The Sluggard and His Surprise Visitors . . . Proverbs 6:9-11

7/6/2010

How long will you lie down, 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 Your poverty will come in like a vagabond And your need like an armed man. **Proverbs 6:9-11**

noun

a lazy, sluggish person.

"I'm waiting for those sluggards to bring my steak"

BRINGS THE PILLOWCASE

