Learning Objectives

- Understand the scope of sleep deprivation.
- List the reasons for sleep deprivation.
- Understand the effects of sleep deprivation.
- Identify sleep stages and sleep cycles.
- Examine how much sleep you need.
- Learn how to improve your quality of sleep.
- Explore a biblical view of rest and sleep.

The Scope of Sleep Deprivation

Based on National Sleep Foundation Web site, 2005.

Sleep Norms: College Students

Adapted from P. Walters, 2005, Sleep: The forgotten factor: Part II. Paper presented at the annual National Wellness Conference, Stevens Point, WI.

Are You Sleep Deprived?

Sleep Deprivation Quiz

Answer Yes or No to the following five questions based on your behavior over the last six months.

1. Do you frequently feel sleep deprived given a sleep opportunity? (A sleep opportunity is defined as at least 10 minutes in a cool, dark, and quiet environment.)
2. Do you frequently need to take naps during the day?
3. Do you frequently catch up on sleep during weekends?
4. Do you frequently feel tired most mornings?
5. When you wake up, do you feel rested and alert?


Chronically Sleep Deprived?

- “The fact that nearly everyone is chronically sleep deprived has led to an acceptance of less than ideal daytime alertness as normal” (Dement & Vaughan, 1999, p. 231).
- “If we operated machinery the way we are now operating the human body, we would be accused of reckless endangerment” (Moore-Ede, 1993, p. 36).
Why Are We So Sleep Deprived?

- Academic workload/work
- Pain of humanity
- Lack of emphasis

Christians Are Not Immune to Workaholism

“In an effort to get the work of the Lord done we often lose contact with the Lord of the work, and quite literally wear our people out” (A.W. Tozer in Draper, 1992, p. 115).

Christians and Work

Trappist monk Thomas Merton said,

There is a pervasive form of contemporary violence among us, which is activism and overwork. The rush and pressures of modern-day life are the most innate forms of this violence. To allow oneself to be carried away with a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone and everything, is to succumb to violence. The frenzy of our activism neutralizes our work for peace because it kills the root of inner wisdom that makes our work fruitful. (Muller, 2000, p. 36)

Effects of Sleep Deprivation

The six effects of sleeplessness, in the order in which they occur:
1. General fatigue
2. Emotional irritability
3. Cognitive impairment
4. Physical impairment
5. Psychosis
6. Death

General Fatigue

- According to the National Transportation Safety Board, fatigue is the number one factor that detrimentally affects the ability of pilots (Pasztor, 1996).
- 62% of adults (72% of men and 54% of women) reported driving while feeling drowsy (National Sleep Foundation, 2002).

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General Fatigue (continued)

- Good news: Fatigue is easily dealt with. One study indicated that with just one additional hour of sleep, alertness increased by approximately 25% (Leung & Becker, 1992).
Emotional Irritability

- 73% of students who reported being the most unhappy, tense, and nervous said they consistently did not get enough sleep (National Sleep Foundation, 2005).
- 55% of the students with the best moods, compared to 20% of the students with the worst moods, reported getting the sleep they needed most nights (National Sleep Foundation, 2005).

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Cognitive Impairment

Researchers who compared academic records to sleep questionnaires for both high school students and medical students found that the ones with the best grades consistently reported sleeping longer (Moore-Ede, 1993).

Psychosis & Death

Severe sleep deprivation can lead to mental illness and, in extreme cases, death (Bullman & Milne, 1998).

How Much Sleep Do You Need?

- Giant sloth, koala: 20 hours a day
- Opossum: 19 hours a day
- Cat: 16 hours a day
- Dog: 15 hours a day
- Mouse: 13 hours a day
- Jaguar: 10 hours a day
- Chimpanzee: 9 hours a day
- Human, rabbit, pig, rhinoceros: 8 hours a day
- Gray seal, dolphin: 6 hours a day
- Cow, goat, donkey, sheep: 4 hours a day
- Horse, elephant: 3 hours a day

Process of Determining Your Individual Sleep Requirements

- Establish a regular bedtime.
- Sleep until you wake up (make sure no one disturbs you).
- Over time, your “sleep debt” is paid back, and then you will find that you’ll start waking up approximately at the same time each morning.
How to Improve Quality of Sleep

- Establish a consistent sleep schedule.
- Get regular exercise.
- Establish a bedtime ritual.
- Create a quality sleeping environment.
- Invest in quality when it comes to purchasing a mattress, sheets, and pillows.

A Biblical View of Rest and Sleep

Sabbath Commanded by God

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy” (Exodus 20:8-11).

Sabbath Is Not Unique to Christians

- Monday Greek
- Tuesday Persian
- Wednesday Assyrian
- Thursday Egyptian
- Friday Turkish
- Saturday Jewish
- Sunday Christian

Importance of Keeping the Sabbath

- “If your soul has no Sunday, it becomes an orphan.” — Physician and missionary, Albert Schweitzer (Gibbs, 2004, p. 36)
- “Sunday is the golden clasp that binds together the volume of the week.” — Henry Wadsworth Longfellow (Draper, 1992, p. 956)

Importance of Keeping the Sabbath (continued)

- “Jesus spoke about the ox in the ditch on the Sabbath. But if your ox gets in the ditch every Sabbath, you should either get rid of the ox or fill up the ditch.” — Billy Graham (Draper, 1992, p. 109)