

Sleep...(AMP) Read out-loud before bed, should you awaken in the night...repeat!

Psa. 3:5 I lay down and slept; I wakened again, for the Lord sustains me.

Psa. 4:8 In peace I will both lie down and sleep, for You, Lord, alone make me dwell in safety *and* confident trust.

Psa. 91:1 HE WHO dwells in the secret place of the Most High shall remain stable *and* fixed under the shadow of the Almighty [*Whose power no foe can withstand*].

Psa. 91:5 You shall not be afraid of the terror of the night, nor of the arrow (the evil plots and slanders of the wicked) that flies by day,

Psa. 91:11 For He will give His angels [*especial*] charge over you to accompany *and* defend *and* preserve you in all your ways [*of obedience and service*].

Psa. 116:7 Return to your rest, O my soul, for the Lord has dealt bountifully with you.

Pro. 3:24 When you lie down, you shall not be afraid; yes, you shall lie down, and your sleep shall be sweet.

Matt. 6:34 So do not worry *or* be anxious about tomorrow, for tomorrow will have worries *and* anxieties of its own. Sufficient for each day is its own trouble.

Matt. 11:28 Come to Me, all you who labor and are heavy-laden *and* overburdened, and I will cause you to rest. [*I will ease and relieve and refresh your souls.*]

Matt. 11:29 Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls.

John 14:27 Peace I leave with you; My [*own*] peace I now give *and* bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [*Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.*]

1Pet. 5:7 Casting the whole of your care [*all your anxieties, all your worries, all your concerns, once and for all*] on Him, for He cares for you affectionately *and* cares about you watchfully.

Natural Help...

Go to bed at the same time every night, rise at the same time daily.

Set an alarm to wake up at the same time even if you fell asleep late.

This will reset your body clock in a couple of weeks!

Go to bed by 10pm (get in bed earlier, if possible, to read!)

(Your sleep cycles allow for a more rested feeling if in bed prior to 10pm.)

One hour before bed, turn off all electronics (*blue light devices*) that interfere with sleep cycles.

Develop a “bedtime” ritual, *like reading Psalms, cup of tea, bath etc.... so your body knows it’s time to wind down.*

Have a cool and dark room, wear comfortable nightwear and have comfortable linens/pillows.

Invest in a good mattress or foam topper for whatever level of comfort you need.

Invest in a “white noise” machine/fan and or earplugs if there are outside noises that keep you up.

Other:

Diffuse essential oils like lavender in the room and others that help with sleep/relaxation.

Take natural melatonin if needed from time to time!