

**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 same time every night, rise at same time daily. *Set alarm to wake up at 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*) *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 room cool and dark, 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 room and others that help with sleep/relaxation.

Take a natural melatonin if needed from time to time!