**NEWSTART + 6**

**The Importance of Proper Rest/Sleep**

***Website:*** [Healthy Christian Living - Living by the Blueprint](https://livingbytheblueprint.com/)

**3 John 2 –** “Beloved, **I wish above all things that thou mayest prosper and be in health,** even as thy soul prospereth.”

**“…Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.** Pure air, sunlight, abstemiousness, **REST,** exercise, proper diet, the use of water, trust in divine power--**these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.”** {MH 127.1-.2}

“We should **educate ourselves,** not only **to live in harmony with the laws of health,** but to teach others the better way…” (CG 361.2)

**“…become more intelligent** in regard to the laws of life. . . . {11MR 187.3}

**EDUCATE IN REGARD TO THE LAWS OF LIFE:**

**“…Educate people in regard to the laws of life…”** {GCDB, January 30, 1893 par. 2}

**WHY?**

**“…Educate people** in the laws of life **so that they may know how to preserve health…”** {MM 259.3)

**“…It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them…”** (MH 128.1)

**“True religion and the laws of health go hand in hand.** It is impossible to work for the salvation of men and women without **presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind…”** (7T 137.1)

**“You are to apply the laws of life and health to your own case. In violating the laws of health…you misrepresent your maker…”** {KC 20.4}

**BIBLE:**

**Matthew 11:28 –** “Come unto me all ye that labour, and are heavy laden, and I will give you rest.”

**Psalms 127:2 –** “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.”

**SOP:**

**SLEEP/REST IS NATURE'S RESTORER**

**“...Sleep, nature's sweet restorer...”** (AH 289.1)

**WE NEED A REFORM WHEN IT COMES TO SLEEPING**

**“TRUE TEMPERANCE CALLS FOR…REFORM IN…SLEEPING…”** {Te 196.2}

**THERE SHOULD BE REGULARITY IN SLEEPING:**

“**The importance of regularity in the time for** eating and **sleeping should not be overlooked.** {CG 363.2}

**WHY?**

**“...Irregular hours for** **eating and** **SLEEPING sap the brain forces...”** (CD 395.1)

**“…Sleep should be regular and abundant…”** {Ed 205.4}

**“...If they...strictly observe regularity in sleeping** **and in eating of simple food, taking nothing between meals,** **they need not be sick...”** (CH 142.2)

**GET TO BED BY 9:00 PM** (9:30 for students)

**“…Make it habit not to sit up after nine o'clock. every light should be extinguished…”**

(9MR 46.1) (there are exceptions to the rule)

**“In regulating the hours for sleep, there should be no haphazard work. Students should not form the habit of burning the midnight oil and taking the hours of the day for sleep…correct the habit, going to bed at a seasonable hour…in our schools the lights should be put out at half past nine.”** {CT 297.1}

**WHY?**

**“...Sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . .** {7MR 224.3}

**“AS A RULE, THE LABOR OF THE DAY SHOULD NOT BE PROLONGED INTO THE EVENING. . . . I HAVE BEEN SHOWN THAT THOSE WHO DO THIS, OFTEN LOSE MUCH MORE THAN THEY GAIN, FOR THEIR ENERGIES ARE EXHAUSTED, AND THEY LABOR ON NERVOUS EXCITEMENT.** They may not realize any immediate injury, but T**HEY ARE SURELY UNDERMINING THEIR CONSTITUTION.”** {Te 140.1}

**WHAT HINDERS PROPER SLEEP?**

**1: TURNING NIGHT INTO DAY & READING UNTIL SLEEPING HOURS:**

**“...This turning night into day is a wretched, health-destroying habit, and this reading much by brain workers, up to the sleeping hours, is very injurious to health**. It calls the blood to the brain and then there is restlessness and wakefulness, and the precious sleep, which should rest the body, does not come when desired.” (9MR 46.1)

**2: EATING BEFORE BEDTIME:**

“In most cases, two meals a day are preferable to three. **Supper,** when taken at an early hour, interferes with the digestion of the previous meal. **When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed…”** (CD 176.1; 181.4)

**3: LACK OF FRESH AIR:**

“...care should be taken, that, **sleeping or waking**, **day or night, they breathe a pure, invigorating atmosphere...”** {MH 381.3}

**NAPS SHOULD BE TAKEN IN THE DAY:** (especially for the elderly & sick)

“I urge you not to work above that which you are able to do. You should have less constant, taxing labor, that you may be able to keep yourself in a rested condition. **You should take a sleep in the daytime.** You can then think more readily, and your thoughts will be more clear and your words more convincing....” (2SM 230.3-.4)

**TAKE A POWER NAP TO HELP RE-ENGERGIZE:**

**“My husband laid down upon a bench in the depot, and** **slept about fifteen minutes, which relieved his weariness in a measure...”** (RH, February 20, 1866 par. 9)

**GET SOME REST/SLEEP IF YOU HAVE TO SPEAK IN THE EVENING:**

“We rode about seven miles, to Bro. Gurney's, and **obtained some rest and sleep, to prepare us to attend the evening appointment.”** (RH, February 20, 1866 par. 9)

**DO NOT SACRIFICE SLEEP/REST IN PURSUIT OF MONEY:**

**“One of the most fruitful sources of shattered constitutions among men is a devotion to the getting of money…they narrow their lives to the single pursuit of money, sacrifice rest, sleep…Their naturally good constitutions are broken down, disease sets in as a consequence of the abuse of their physical powers, and death closes the scene of a perverted life...”** (Te 140.3)

**ONE REASON SABBATH IS GIVEN TO US IS TO GIVE US REST TO HELP REFRESH OUR BODIES & MINDS:**

**“…God instituted the Sabbath as a day of rest to repair nature's exhausted energies.** No mind can continue day after day without cessation, either in business which taxes the mental powers, or in the acquirement of knowledge, without injury...” (PH043 39.1)

**WHO NEEDS REST?**

**1: The Sick:** “The sick…are taxed with too many visitors and callers, who chat with them, and weary them by

 introducing different topics of conversation, when they **need quiet, and undisturbed rest**...” (2SM 458.2)

**2: Children:** “Children need more frequent change of…intervals of rest than grown persons do...” {AH 289.2}

**3: Gospel Workers** (DA 360.2)

**4: Nurses** (MH 220.1)

**5: Overworked persons** (GW 243-246)

**6. Aged Ministers** (2SM 226.2)

**7: Bible Workers** (EV 494.1)

**8: Women Workers** (EV 494.1)

**9: Sanitarium Workers** (CH 314-315)

**10: Those With Tired Nerves** (MH 326-327)

**11: Persons Engaged In Constant Mental Labor** (CH 563.2-564(top of page)

**12: Physicians** (CH 361.5)

\*\*\*Those who do not labor have no need for rest. (GW 246.1)

\*\*\*Remember that James White suffered tremendously from not resting his mind enough. 1T 519.1-.2

**DO NOT SACRIFICE SLEEP FOR AMUSEMENTS:**

**“The majority of pleasure lovers attend the fashionable night gatherings, and spend in exciting amusements the hours God has given them for quiet REST and sleep in order to invigorate the body.**

**Would it not be better, therefore, to break up this habit of turning night into day, and the fresh hours of morning into night.”** (ML 143.5/.4-.6)

**PROPER PERIODS OF SLEEP & REST ARE ESSENTIAL TO HEALTH OF BODY & MIND:**

**“Proper periods of sleep and REST and an abundance of physical exercise are essential to health of body and mind. To rob nature of her hours for rest and recuperation by allowing one man to do the work of four, or of three, or even of two, will result in irreparable loss.”** {7T 247.1}

**MEDICAL SCIENCE:**

**GETTING LESS THAN 6 HOURS OF SLEEP DOUBLES A PERSON'S CHANCES OF:**

* Anxiety
* Chest pains
* Coronary Artery Disease (CAD)
* Depression
* Diabetes
* Exhaustion
* Genetics altered
* Heart disease
* High blood pressure
* High cholesterol
* Poor concentration
* Strokes
* Weight gain
* And MUCH MORE

**GETTING 9 OR MORE HOURS OF SLEEP TRIPLES A PERSON'S CHANGES OF ALL THE ABOVE DISEASES.**

**\*\*\*EXCESSIVE SLEEP = A SIN:** (CD 44.1)

**\*\*\*A PERSON SHOULD GET 7-8 HOURS OF SLEEP EACH NIGHT**

<http://www.sciencedaily.com/releases/2012/03/120326113805.htm>

<http://www.theguardian.com/science/2013/feb/25/sleeping-six-hours-night-activity-genes>

<http://www.dailymail.co.uk/health/article-2157461/Less-6-hours-sleep-significantly-increases-risk-stroke-fit-healthy.html>

<http://usatoday30.usatoday.com/tech/science/2009-08-13-sleep-gene_N.htm>

<http://www.everwell.com/consumer_tips/healthy_skeptic/sleep-tips-length-8-hours.php>

**WHAT TO DO IF YOU CAN'T GO TO SLEEP:**

* Sit in the sun from **8:00-9:00 am every morning** during
* Drink Hop tea **“...Hop tea will induce sleep...”** (2SM 297.5}

1.5 t. hops in a coffee cup. Pour boiling water on top and cover (steep) x 20 minutes

* **Walk** 1 hour every day **in the sunshine** in the morning hours
* **Pray**
* **Soak in warm water** x 30 minutes. **WARM, NOT HOT WATER**

**\*\*\*DO NOT** **watch T.V.** **or be on the Internet right before bedtime.**

**\*\*\*Turn alarm clock facing away from you if it has a red light on it...this interferes with proper sleep.**

**WHAT TO DO IF YOU CAN'T STAY ASLEEP:**

* Sit in the **sun from 4:00-5:00 pm** every afternoon (Spring/Summer months...earlier for Fall/Winter months).

Sunshine helps with serotonin levels which help build melatonin levels at the proper time.

<http://www.yurtopic.com/health/alternative-medicine/sunshine-benefits.html>

<http://www.ehow.com/way_5631046_much-do-need-boost-serotonin_.html>

**MORE FACTS ABOUT REST AND SLEEP:**

* Babies need fresh air while sleeping (MH 381.2)
* Covering a baby’s head during sleep is harmful (MH 381.2/2SM 465.2)
* Children and youth should not be permitted to sleep in (CH 187.2/ML 143.3)(Proverbs 6:9)
* Nature given time to repair during sleep (MM 80.3)
* Sleep, nature’s sweet restorer, invigorates the weary body and prepares it for next day’s duties

(CH 147.2)

* God watches over His people when they are asleep at night (SC 85.4)
* Angels are unseen visitors in sleeping room (CH 417.1)
* Do not sacrifice sleep for amusements (ML 143.5)
* Don’t sacrifice sleep for earning money (Te 140.3)
* The labor of the day should not be prolonged into the evening (Te 140.1)
* God’s people labor too hard without allowing themselves periods of change and rest/recreation

(AH 494.1) “Care needs to be exercised in regard to the regulation of hours for sleeping and laboring. We must take periods of rest, periods of recreation, periods for contemplation. . . . The principles of temperance have a wider range than many think.” {AH 494.4}

* There are benefits from rising early (6T 188.1)
* Proper periods of sleep and rest are essential for health of body and health of mind
* The sick need undisturbed rest (2SM 458.2)
* A good respiration induces good, sound sleep (MH 272.1)
* Fresh air induces sound, sweet sleep (1T 702.2)
* Do not sleep in ill-ventilated rooms (2T 527.3/CH 57.1)
* Digestive organs should be resting during sleeping hours (CH 118.3)
* Sleeping rooms should be large (CH 57.4)
* Sleeping rooms especially should be well ventilated, and the atmosphere made healthy by light and air. {2SM 462.3}

**NOTE: “Though time is short, and there is a great work to be done, the Lord is not pleased to have us so prolong our seasons of activity that there will not be time for periods of rest, for the study of the Bible, and for communion with God…”** {ML 133.2}

**“Study and Teach Laws of Preventive Medicine.--There is now positive need…to interestedly instruct those who look to them for medical skill to ascertain the cause of their infirmities. They should call their attention in a special manner to the laws which god has established, which cannot be violated with impunity. they dwell much on the working of disease, but do not, as a general rule, arouse the attention to the laws which must be sacredly and intelligently obeyed, to prevent disease.”** --Medical Ministry, page 223.

**ADDITIONAL INFO & QUOTES ON PROPER REST/SLEEP:**

* Even light physical activity can help you sleep better at night
* Missing out on sleep can promote Alzheimer’s
* **“…rising at three o'clock in the morning** and writing from six to fifteen pages before breakfast…”

{LS 267.4}

* **“…I rise in the morning at two, three, and four o'clock**…” (3SM 118.1)
* **“If our medical missionary workers would follow the Great Physician's prescription for obtaining rest, a healing current of peace would flow through their souls…”** {CH 370.2}
* Sleep is so important for brain function. The brain has Lymphatic system called a glymphatic system.
* Less than 8 causes sleep deprivation and over 9 hours can cause you to die quicker according to the Breslow study.
* 8-9 hours optimal
* Harvard University found that at 9 at night the glymphatic system. Kicks in and does a deep cleaning of the brain for about an hour and from 10-12 it does a through flushing of the brain. So, from 9:00 to midnight it’s cleaning the brain. Guess what, we need to e asleep to flush the brain. Its kind of like not flushing the toilet. Our brain’s need to be cleaned to discern God’s word. Our brain’s need to be cleaned to have that relationship with Christ. Have we ever heard the hours before midnight is twice the hours before midnight?

**God love us and wants us to be healthy so we can follow these laws of health and have a relationship with Christ. I believe time is short. Daniel 12 says it’s going to be a time as never before. Worse than the Holocaust, Rowanda, slavery. It’s going to be a time as never before. The only way your brain will be able to deal with that is to have a relationship with Christ-Trust in God and incorporate all those laws God gave to us 158 years ago. In order to deal with that, our brains need to function well. Our bodies really need to be running well. If our brains don’t function well. We’re going to tap out.**

**Do you want a relationship with Christ? If we do the standard American whatever, we will not be able to do it now, much less when what’s to come.**

**As we regulate who our children run with so they don’t pick up bad habits, we need to regulate who we run with? Such as what we’re listening to, or if we run into a relationship and their talking about whatever could that conversation not help us with our relationship with Christ? We got two choices: we can try to change that conversation, or say guys I got some things I need to work on…and excuse yourself. Don’t just have an academic knowledge of the laws of health, but incorporate them into your life.**

**SOP ABBREVIATIONS:**

**1T =** Testimonies for the Churches, Volume 1

**2SM =** Selected Messages, volume 2

**7MR =** Manuscript Releases, volume 7

**7T =** Testimonies for the Churches, Volume 1

**9MR =** Manuscript Releases, Volume 9

**AH =** Adventist Home

**CD =** Counsels on Diet & Foods

**CG =** Child Guidance

**CH =** Counsels on Health

**CT =** Counsels to Parents, Teachers, & Students

**DA =** Desire of Ages

**EV =** Evangelism

**GW =** Gospel Workers

**MH =** Ministry of Healing

**ML =** My Life Today

**PH043 =** Pamphlet 43

**RH =** Review & Herald articles

**Te =** Temperance

\*\*\*Questions on next page\*\*\*

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**NEWSTART + 6**

**The Importance of Proper Rest/Sleep**

**(Questions)**

1. Should people stay up late and get up early? YES or NO

2. Sleep is nature’s sweet \_\_\_\_\_\_\_\_\_\_\_

3. Sleep invigorates the weary body and prepares it for the next day’s \_\_\_\_\_\_\_\_\_.

4. Does there need to be a reform in sleeping? YES or NO

5. Should there be regularity in the time for sleeping? YES or NO

6. What time should people be in bed by? \_\_:\_\_\_ pm

7. By what time should students be in bed? \_\_:\_\_\_pm

8. Should all the lights be put out at those times? YES or NO

9. \_\_\_\_ hours good sleep before twelve o’clock is worth more than \_\_\_\_\_\_ hours after twelve o’clock

10. Should the day’s labor be carried over into the evening? YES or NO

11. If people do this, their \_\_\_\_\_\_\_\_\_\_ will be exhausted.

12. List 3 things that can hinder proper sleep:

 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13. Is it good to take a nap in the day? YES or NO

14. Can a 15 minute power-nap relieve weariness? YES or NO

15. Is it good to rest before a speaking engagement in the evening? YES or NO

16. Should we sacrifice sleep for the pursuit of money? YES or NO

17. God instituted the Sabbath as a day of rest to \_\_\_\_\_\_\_\_ nature’s exhausted \_\_\_\_\_\_\_\_\_\_\_\_

18. List the 12 groups of people that need rest:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

19. Do people who do not labor need to rest? YES or NO

20. What did James White suffer tremendously from?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

21. Should we sacrifice sleep for amusements? YES or NO

22. Are proper periods of rest essential for health? YES or NO

23. Please list the 14 health problems related to getting less than 6 hours of sleep:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

24. Getting less than six hours of sleep \_\_\_\_\_\_\_\_\_\_ a person’s chances of getting the previous health

 Problems.

25. Getting more than \_\_\_\_\_ hours of sleep \_\_\_\_\_\_\_\_\_\_ a person’s chances of getting the previous health

 Problems.

26. Excessive sleep = A \_\_\_\_

27. How many hours should a person get each night? \_\_ to \_\_ hours

28. List 6 things to do if you can’t go to sleep at night:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

29. List 2 things that you should and should not do right before going to bed:

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

30. What should you do if you can’t stay asleep?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

31. List 20 additional facts about Rest/Sleep

 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

32. Should we have regular periods of rest each day? YES or NO

33. Is working the night shift hazardous to one’s health? YES or NO

34. Please explain your answer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_