Alisha

The first thing people usually do when they are trying to write out ways to be more healthy are better sleeping arrangements and better eating habits. When someone wants to lose a little weight or make better life habits it usually starts with making better eating habits. Eating and sleeping are very important not just for our mental health but for our physical health as well.

"Traditionally, sleep problems have been viewed as a consequence of mental health problems. Although this is not contested, evidence also suggests that problems sleeping can contribute to the formation of new mental health problems and to the maintenance of existing ones" (Scott, Webb, Rowse. 2017)

Our bodies need to rest in order to repair itself, and lack of sleep can start to really mess with our mental health. We can get foggy and start being forgetful. Lack of paying attention will set in and we will stop paying attention to school, our jobs, and even our household duties. Lack of sleep can also affect our moods greatly. One could become more frustrated and angry with a "short fuse" so to speak. Someone who has a great deal of patience with their staff or children might start losing their temper and becoming much more angry over something very small.

When we sleep we are not just doing it because we are tired and at night time "it is what we are supposed to do". Sleep is a great way to help repair our cells and maintain good brain health. Sleep in children is important because that is when their bodies and minds grow and develop. Not getting enough sleep will often cause our judgment and coordination to be not right.

I think that lack of sleep can cause many different issues, especially depression. If you sit and think about it, lack of sleep affects our alertness, mood, judgment and mental health. If not getting enough sleep causes us to become grumpy then we will also find things that would normally make us excited will be less exciting. This might cause our brains to get into a dark place which could lead to depression.

Lack of sleep can also affect our faith life. We could start skipping church to get more sleep and if we are in a depressive state due to lack of sleep then we might start turning away from Christ blaming Him for our problems. I am a firm believer that the enemy is always on the prowl and will use anything he can to turn one away from Christ. Something as simple as sleeping could be used to turn someone away from Christ by all of the things that go along with lack of sleep.

I know that when I stay up late trying to get the house cleaned up and get school things finished I am so tired the next day at work. My attention span is awful and I get frustrated more easily than I usually would. I have a very big bubbly personality, but I'm not so bubbly when I am sitting at my desk with my head nodding to sleep as my eyes close! It's not fun being tired at work trying to perform my job while also thinking about laying down taking a nap!

Leading Question: What are ways someone could develop a good sleep schedule?