

## REST

Since *the work of building up the body takes place during the hours of rest*, it is essential, especially in youth, that *sleep should be regular and abundant*. {Ed 205.4}

Tired nerves need rest and quiet instead of stimulation and overwork. Nature needs time to recuperate her exhausted energies. {MH 326.3,327}

God designed that the night shall be given to sleep.--LTR761888, pp. 3-5.

Especially should brain workers begin to be soothed and not in any way excited as they draw nigh their hours for sleep. Let the blood be attracted from the brain by some kind of exercise, if need be.--LTR761888, pp. 3-5.

They who sleep give nature time to build up and repair the weary waste of the organism.  
--LTR1161898.

Sleep, nature's sweet restorer, invigorates the weary body, and prepares it for the next day's duties. {1T 687.1}

When we lie down at night, the stomach should have its work all done, that it, as well as other portions of the body, may enjoy rest. But if more food is forced upon it, the digestive organs are put in motion again, to perform the same round of labor through the sleeping hours. The sleep of such is often disturbed with unpleasant dreams, and in the morning they awake unrefreshed.  
{CH 118.3}

Sleeping rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine. In most countries bedrooms need to be supplied with conveniences for heating, that they may be thoroughly warmed and dried in cold or wet weather. {MH 274,275}

Sleeping rooms especially should be well ventilated, and the atmosphere made healthy by light and air.{CH 57.3}

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.

There is a distinction between recreation and amusement. Recreation, when true to its name, re-creation, tends to strengthen and build up. Calling us aside from our ordinary cares and occupations, it affords refreshment for mind and body, and thus enables us to return with new vigor to the earnest work of life. Amusement, on the other hand, is sought for the sake of pleasure and is often carried to excess; it absorbs the energies that are required for useful work and thus proves a hindrance to life's true success. {Ed 207.1}