HEART & SOUL CURRICULUM

SESSION 4:

REST & RESTORE

Sleep Hygiene



REST & RESTORE:

Sleep Hygiene

Rest and relaxation are basic needs for our health and well-being. While food and physical activity often get a lot of attention, sleep is also very important. Sleep affects our physical, mental, and emotional health, plus our energy levels and how we function each day.

What sleep does. Sleep gives the body and mind time to recover and restore. It supports immune health, memory, learning, mood, and physical well-being. When we get enough sleep, we gain inner strength and clear focus.

What we need. Most adults need 7–9 hours of sleep each night. And children need more: Aim for 12 hours+ of sleep for infants and toddlers, 9 hours+ for school-aged children, and 8–10 hours for teens.

Sleep habits and realities. Healthy sleep habits, often called sleep hygiene, can improve how well and how long we sleep. To fall asleep easier, stay asleep, and wake up feeling rested, we need:

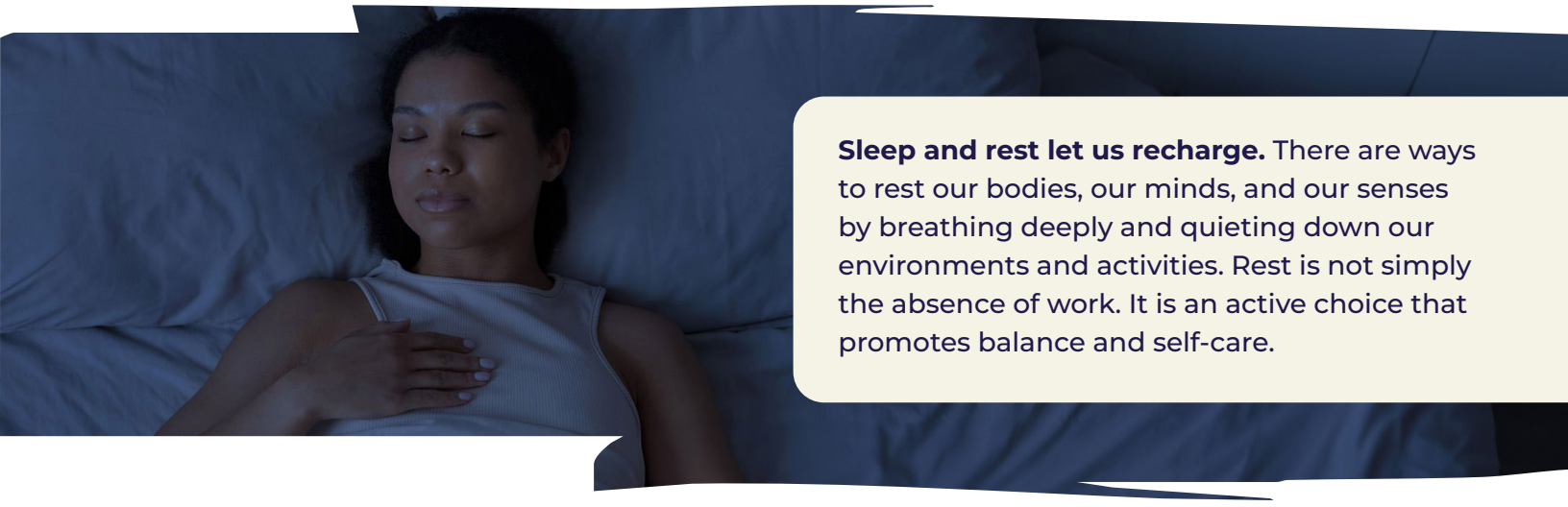
- A comfortable sleep environment.
- Regular sleep times.
- A bedtime routine.
- To limit caffeine, screen time, and alcohol before bed.

Daily demands—work, caregiving, health, technology use, money troubles, and sleep conditions (such as where you sleep and how comfortable it is)—can make it hard to get good sleep. Recognizing these realities helps us talk about rest with compassion, and not judgment, and look for ways to reduce demands where possible.

For more tips about sleep habits and dealing with stress that can interfere with your rest, check out the Sleep and Stress Management handout from our Supporting Healthy Weight Learning and Action Guide.

Faith traditions of rest. Faith traditions have long seen the value of rest. Throughout Scripture, rest is modeled and even commanded. This reminds us that we were not created to work without pause. Shabbats and holy days encourage us to step away from daily roles, focus on our faith, and restore our bodies, minds, and spirits.

Faith communities can support rest by creating space for worship, reflection, individual or community prayer, fellowship, and free time. As we recognize rest as an important part of health, congregations can help members build lifelong habits that sustain wellness.



Sleep and rest let us recharge. There are ways to rest our bodies, our minds, and our senses by breathing deeply and quieting down our environments and activities. Rest is not simply the absence of work. It is an active choice that promotes balance and self-care.

Interactive Activity

Complete the personal **7-Day Sleep Tracker** in the next 1-2 weeks. Use this tool throughout the week to monitor bedtimes, wake times, hours you sleep, and how rested you feel each day. You can use this tool over time and track your responses in a notebook, computer or smartphone.

For tips to improve your sleep, look over the Sleep and Stress Management handout in the Supporting Healthy Weight Learning and Action Guide or see the **Bedtime Rest & Recovery Checklist** bonus tool.

Heart & Soul in Action

There are opportunities to move this learning into collective action.

Actions in your faith community: As a faith community, review ministry schedules, volunteer expectations, or current programs on the calendar, and identify ways to support healthier rest patterns.

- Examples include choosing a recovery activity as a ministry, picking one day each week or month for fewer programs, encouraging volunteers to take breaks from service roles as needed, or pausing for prayer and reflection.

Advocacy for community health: If you or a family member has trouble sleeping, wakes up not feeling refreshed, deals with daytime sleepiness, or feels generally tired, speak with your doctor or health care provider.

- To help you plan for a health appointment, see the ACE Your Health Literacy Toolkit - Personal Advocacy in the Exam Room for information and tips.



FACILITATOR'S GUIDE

Session Overview & Learning Goals

Your main goal for this session is to help participants understand how sleep, rest, and recovery support overall health and well-being. Emphasize that rest isn't a luxury but a core part of caring for our bodies, minds, and spirits. Encourage participants to reflect on their current sleep habits and identify simple tips to help them keep consistent routines that support restoration.

By the end of this session, the goal is that participants will:

- Be able to describe the role of sleep and rest in supporting physical, emotional, and spiritual well-being.
- Identify habits and environmental factors that contribute to healthy sleep.
- Develop a personal rest & sleep plan to support healthier routines and restoration.

Facilitator Checklist

Before the session:

- ☐ Review the Rest & Restore session content and facilitator guide.
- ☐ Know basic sleep hygiene recommendations and healthy sleep habits.
- ☐ Reflect on how faith traditions and Shabbat practices can support healthy routines of rest and renewal.
- ☐ Print the personal 7-Day Sleep Tracker worksheets.
- ☐ Share the session announcement with the congregation in advance.

Discussion Questions

During the session, you might ask:

- What do rest and recovery mean to you?
- How do you feel when you've had good-quality sleep? How is your physical health, energy, and functioning during the day?
- What makes it difficult to get enough rest or sleep? Which sleep habits have helped you feel more rested and refreshed?
- What role does faith, prayer, Shabbat, or reflection play in helping you restore and recharge?
- How can faith communities encourage healthier patterns of rest and renewal?

Interactive Activity

Provide or show the **7-Day Sleep Tracker**. Ask participants to complete it as a personal rest and sleep plan. Encourage participants to use it in the coming week or two. They can track their responses on the worksheet, in a notebook, or on a computer or smartphone.

See also the **Bedtime Rest & Recovery Checklist** bonus tool.

Remind participants that **real change often comes through small, repeated actions**, not big goals that are hard to keep. Encourage them to focus on one or two goals they can stick with and achieve.

Heart & Soul in Action

Let participants know that there are opportunities for this group and faith community to move into deeper learning, personal growth, and collective action on these health topics.

Point out the recommended **action steps** to take in the faith community and the tool for further learning and **community advocacy** to review and consider.

- Review ministry schedules, volunteer expectations, or current programs on the calendar, and identify ways to support healthier rest patterns.
- Seek health care if you or a loved one has persistent trouble sleeping or feeling tired; also refer to our ACE Your Health Literacy Toolkit - Personal Advocacy in the Exam Room information and tips before your appointment.

Communication Templates

For a Bulletin/Flyer

Rest & Restore: Sleep Hygiene
Join us for our next Heart & Soul session as we talk about rest, sleep, and recovery as part of overall health. Together, we'll discuss healthy sleep habits, the role of rest in physical and spiritual wellness, and simple ways to build routines that help us feel refreshed and renewed.

[add date, time, location]

For a Weekly Email

This week, Heart & Soul is ready for **Rest & Restore**. Together, we'll learn how sleep and recovery support our physical, emotional, and spiritual health.

Learn how to create a sleep tracker and healthy sleep habits. We know that rest is one of the best parts of self-care—approved by scripture and doctors alike!

[add date, time, location]

REST & RESTORE: SLEEP HYGIENE

7-DAY SLEEP TRACKER

This sleep tracker is a reflection tool, not a medical or clinical test. Use it to notice sleep patterns and reflect on how your sleep may affect how you feel each day.

Record your bedtime, wake-up time, hours of sleep, and sleep quality each day.

Use the 7-Day Sleep Tracker to build awareness of your sleep habits and identify routines or factors that may support better rest.

7-Day Sleep Tracker

Day	Bedtime	Wake-up Time	Hours Slept	Sleep Quality *(Rate it 1-5)*	Quick Notes
Monday				☐ ☐ ☐ ☐ ☐	
Tuesday				☐ ☐ ☐ ☐ ☐	
Wednesday				☐ ☐ ☐ ☐ ☐	
Thursday				☐ ☐ ☐ ☐ ☐	
Friday				☐ ☐ ☐ ☐ ☐	
Saturday				☐ ☐ ☐ ☐ ☐	
Sunday				☐ ☐ ☐ ☐ ☐	

Weekly Average: _____ hours/night

Goal: _____ hours/night

REST & RESTORE: SLEEP HYGIENE

BEDTIME REST & RECOVERY CHECKLIST

BONUS TOOL

Use this Rest and Recovery Checklist as part of your bedtime routine.

✓	Before Bedtime Activity	What to Do
☐	**Get Off Social Media**	Put your phone/social media away and disconnect.
☐	**Meditate**	Spend a few quiet minutes breathing and relaxing.
☐	**Organize Your Workplace**	Tidy up so tomorrow starts with less clutter.
☐	**Stop Exhausting Yourself**	Finish work/studying instead of pushing yourself late.
☐	**Plan Your Breaks**	Think about when you'll take breaks tomorrow.
☐	**Listen to Your Body**	Ask yourself: “Am I tired? Do I need more rest?”

Each night, check off the activities you complete. These may include getting off social media, taking time to relax or meditate, cleaning up your workspace, planning breaks for the next day, and paying attention to how your body feels.