

# Rest for the Body, Mind, and Spirit

## Sleep Health in the African American Community

*“In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.” – Psalm 4:8*

### ***Why Sleep Matters***

Sleep is a gift from God that restores the body, mind, and spirit. Most adults need 7–9 hours of sleep each night. When we consistently get less sleep, it can lead to sleep deprivation, which affects physical health, emotional wellbeing, and daily functioning.

### ***Sleep Statistics in the African American Community***

- 35–53% of African Americans sleep 6 hours or less each night.
- Only about 54% of Black adults get the recommended 7+ hours of sleep.
- Black adults sleep about 35–60 minutes less per night on average compared to White adults.
- Short sleep is linked to higher rates of heart disease, diabetes, and high blood pressure.

### ***Health Risks of Sleep Deprivation***

- High blood pressure
- Heart disease and stroke
- Diabetes
- Depression and anxiety
- Obesity
- Weakened immune system

### ***Tips for Better Sleep***

- Keep a consistent bedtime and wake-up schedule
- Turn off phones, TVs, and screens before bed
- Pray, meditate, or read scripture before sleeping
- Keep your bedroom cool, dark, and quiet
- Limit caffeine in the evening
- Stay physically active during the day

Faith Reminder: Caring for our health—including sleep—is part of caring for the temple of the Holy Spirit (1 Corinthians 6:19-20). Healthy rest helps us serve our families, our church, and our community.