

SLEEP: GOD'S WAY. WHAT DOES THE BIBLE HAVE TO SAY ABOUT SLEEP?

Insomnia and Sleep Disorders are at epidemic levels. Most fail to consider the connection between our spiritual lives and our health. We're here with Dr. Charles Page, who's going to introduce us to how our spiritual lives affect our sleep.

Dr. Page has practiced surgery for over 20 years, training at Baylor College of Medicine. He's an author, speaker, father of five kids and the founder of Spoonful of Courage, a Christian ministry aimed at inspiring people with hope and faith—in small doses. One topic of interest to Dr. Chuck is sleep.

Q: Why such a personal interest in sleep?

Q: Tell us about the connection between God, sleep, and the Bible.

Q: So, what's the Big Idea of WHY we sleep?

Q: Over 40% of Americans have insomnia and sleep deprivation¹, how does the Bible address this problem?

Q: Can you give us some examples in scripture about what the Bible says about sleep?

Q: You're a doctor. Studies show up to 30 % of the population suffers from sleep disorders like sleep apnea.¹ Can you give us some tips.

Q: Sleep problems seem to be more of a medical problem these days, is there a spiritual connection?

Q: Dr. Chuck, can you give some tips for those who wake up in the middle of the night and can't fall to sleep again? What should they do?

Q. So, Dr. Chuck, how can people connect with you?

A: Spoonful of Courage aims to nurture courage and hope in small doses. So, check out spoonfulofcourage.com. There, we have lots of free resources to encourage you. We have devotions, videos, and interviews with experts. Check out our resources (videos and study) discussing more principles about sleep and rest on the link provided. Or, if you're willing, you can sign up for updates by texting spoonful to 66866.

Sleep Videos and Study: <https://geni.us/1aGSaeC>