

SLEEP

1/3 of everyday is spent lying down, part of this entails sleeping.



Sleep is needed for survival of human-body. 7 hours should do. Lack of sleep leads to death but only after a very painful transit through depression & outbursts of insanity.

To get restful revitalizing sleep the bed room must be as dark as possible & an absence of internal & external noise is a must. **Shire** implement Night-curfew **Note!** It is normal to have 2 sleeps with a break in-between. 1st sleep is about 3.5 hours with an up to 1.5 hour break followed by a 3.5 hour sleep.



During the 1.5 hour sleep break. People get up, go toilet,... Before lying back down do the night-time exercises & have a glass of water. Those that do not get up, pray, read, write, couples chat,...

There are prerequisites before lying down to sleep.

1 hour should have passed since the last feed. Brush teeth & wash whole body before going to bed. **Worship 'Sleep-Prayer'.**

S L E E P – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Protect me when I'm most vulnerable
Protect me from unsettling & Evil thoughts
Let me have restful, healing & re-vitalizing sleep
Don't let worry disrupt my dreams & sleep
Let me only remember the sweet dreams
For the Glory of **1GOD** & the Good of Humankind



This prayer is used before going to Sleep !

Have Drinking-glass (no plastic) filled with 0.2l of filtered water (**nothing added**) on each Bedside-table. Every night before going to bed put glass on Bed-side table. **Note!** Drink during night every time after you visited a toilet & when having a dry throat, drink rest in the morning.

Have 1 Gold-tone glass bowl (**1 only for doubles**) containing herbal concoction (**aroma therapie**) on window side Bedside-table!

NIGHT – CURFEW

The human body was not designed to be nocturnal. Humans misused their brain-power to create a nocturnal lifestyle. This lifestyle is not beneficial to good health. Night-curfew is needed for good health.

A 7 hour Night-curfew from 14-21 hours (22- 6 hours, 24 hour Pagan-clock) is mandatory. For good health, reduction in energy consumption, reduction in pollution & protection of wildlife. Reduction in crime, reducing cost to government & encouraging multiplication.

Nobody works (everything is closed) except minimum emergency personal No energy is to be used except for emergency or heating! 1 public news radio station is allowed all other entertainment is switched off! No manufacturing, office, or retailer is to operate or use energy! Homes can use heating in extreme cold (dress warm).

Night-curfew is mandatory. For the well being of the humanbody & local Habitat. A Shire enforces Night-Curfew through Shire Rehabilitation MS/R1 Repeat-Offenders are passed on to Provincial-Rehabilitation MS/R3

Night-Curfew to SAVE PLANET EARTH!!

In the morning after 7 hours sleep

Get up, have a glass of filtered water, go toilet, do 'Daily-Fit (Exercises)', worship 'Daily-Prayer', wash face, hands, have breakfast & get dressed. Check your 'Planner'. Now your ready for Life-experiences. When going outdoors wear 'Protective-clothing' & Head-protection.

1God 1FAITH 1CHURCH Universe Custodian Guardians