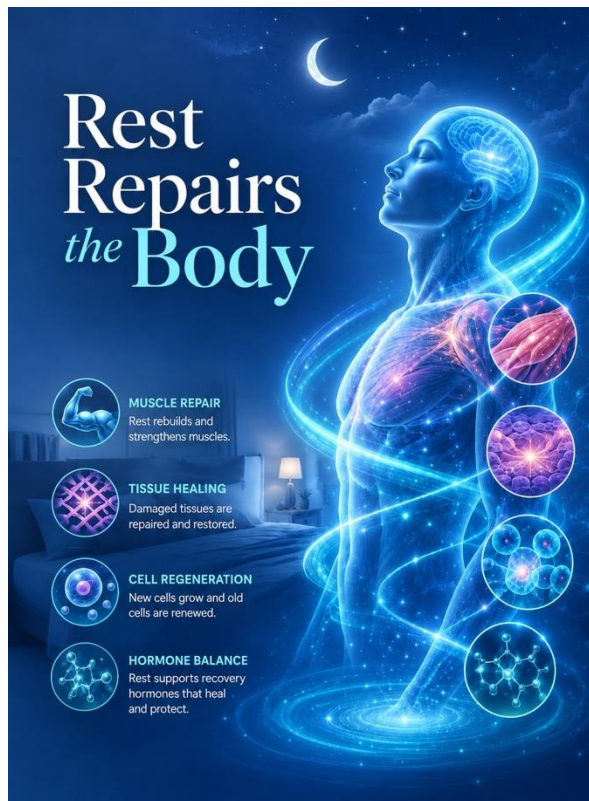




Rest Repairs the Body

Did you know? Rest is a powerful part of healing. When you sleep, your body does not stop working—it quietly begins repairing, rebuilding, and restoring.

During quality rest, the body repairs tired muscles, renews cells, and supports the immune system. This is especially important after exercise, sickness, stress, injury, or a long day of activity.

Sleep also helps the body release important healing hormones, including growth hormone, which supports tissue repair and muscle recovery. When we do not get enough rest, the body may heal more slowly because it does not have enough time to fully recover.

Rest is not wasted time. It gives the body the opportunity to save energy for healing, strengthen itself, and restore balance naturally.

Health Reminder: Rest is not laziness—it is part of the body's God-given design for healing, strength, and renewal.

References:

National Institutes of Health — Sleep and immune function

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3256323/>

Centres for Disease Control and Prevention — Sleep and chronic disease

https://www.cdc.gov/pcd/issues/2023/23_0197.htm

Sleep Foundation — What happens when you sleep

<https://www.sleepfoundation.org/how-sleep-works/what-happens-when-you-sleep>

Disclaimer: This health nugget is for general health education only and does not replace professional medical advice.