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**SACRED REST**

**Recover Your life, Renew Your Energy, and Restore Your Sanity**

**By Saundra Dalton-Smith, M.D.**

**Staying Busy is Easy.**

**Staying Well Rested—Now There's a Challenge.**

**FAITHWORDS**

**HARDCOVER**

We are a society that praises being busy, the more that one can cram into a day and the fewer hours you need to sleep the more productive and successful you seem, but are you and at what cost? According to the **National Heart, Lung and Blood Institute, NIH** (June 7, 2017) "Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke."

How can you keep your energy, happiness, creativity, and relationships fresh and thriving in the midst of never-ending family demands, career pressures, and the stress of everyday life? In **SACRED REST** (FaithWords, ISBN: 9781478921677. $20.00, Decemner 19, 2017) , Dr. Saundra Dalton-Smith, a board-certified internal medicine doctor, reveals why rest can no longer remain optional.

Dr. Dalton-Smith shares seven types of rest she has found lacking in the lives of those she encounters in her clinical practice and research-physical, mental, spiritual, emotional, sensory, social, creative-and why a deficiency in any one of these types of rest can have unfavorable effects on your health, happiness, relationships, creativity, and productivity.

In **SACRED REST**, Dr. Dalton-Smith discusses the seven types of rest using the **R-E-S-T** method:

* **R**ecognize your risk
* **E**valuate your current position
* **S**cience and research
* **T**oday's application

**SACRED REST** combines the science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest as something sacred, valuable, and worthy of our respect.

**SACRED REST** gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear.



**ABOUT THE AUTHOR**

Dr. Saundra Dalton-Smith is an author, speaker, and board-certified physician. She has an active medical practice in Alabama (near the Birmingham area). She received her B.S. in Biochemistry at the University of Georgia, and graduated with honors from Meharry Medical College in Nashville. She has been an adjunct faculty member at Baker College and Davenport University in Michigan teaching courses on health, nutrition, and disease progression. Dr. Dalton-Smith is a national and international media resource on the mind, body, spirit connection and has been featured in Women's Day, Redbook, and First For Women magazine. She is the author of Set Free to Live and Come Empty (winner 2016 Golden Scroll Nonfiction Book of the Year and 2016 Illumination Award Gold medalist). She is a member of the Christian Medical and Dental Association and a repeat keynote speaker at their annual gathering. She has shared her tips on merging faith and medicine with over 16,000 health care professionals to encourage the current and next generation of doctors to treat the whole person.

**Sacred Rest Suggested Interview Questions**

1. Rest seems like a simple process. Why then do so many people struggle with fatigue and insomnia?
2. What is the distinction between sleep and rest?
3. In your book *Sacred Rest*, you describe seven types of rest. What are they?
4. We can get a sense of what these are just from the names, but to gain a better understanding, can you briefly define each type of rest?
5. When you mentioned emotional rest, you said that it’s when you no longer feel the need to perform. Can you say more about this?
6. Your book has lots of teaching stories in it. Do you have a favorite?
7. What are the long-term effects of focusing only on work and omitting regular periods of rest?
8. What effect does work environment have on rest?
9. Give us some examples of ways we can add rest in the middle of a busy work day?
10. In the book you mention the gifts of rest, what’s does that mean?
11. You offer a unique resource for your readers called “The Rest Quiz”. Can you talk a bit about “The Rest Quiz”?
12. Many people think of rest as a luxury. What would you say to them?

**Sample TV Segment Focused Questions** (3-5 minutes)

1. Rest seems like a simple process. Why then do so many people struggle with fatigue and insomnia?
2. In your book *Sacred Rest*, you describe seven types of rest. What are they?
3. How can someone determine what type of rest they may be missing in their life?