



**Neuro Café:
7 types of rest**

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Do you know
the 7 types of
rest we all
need?

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SACRED REST

RECOVER YOUR LIFE, RENEW YOUR
ENERGY, AND RESTORE YOUR SANITY

Sacred Rest

- TED talk by Dr Sandra Dalton-Smith on the seven types of rest.
- Dr Dalton-Smith explains how, despite how much sleep you get you can still feel tired and rarely wake feeling energised...trying to fix a continual lack of energy by getting more sleep yet still feeling shattered.
- The result of which is high producing yet chronically tired individuals.
- Neurological fatigue worsens “usual fatigue”
- Fatigue can play havoc with the mind and body
- Dalton-Smith has an online [rest quiz](#)

Seven types of rest we all need



1. Physical rest



Passive physical rest:

Sleeping

Napping



Active physical rest:

Yoga

Pilates

Deep breathing

Massage





2. Mental rest

- Switching off the brain to avoid mental rest deficit
- Factor in short breaks every 2 hours , through the day reminding you to slow down and take a step back
- Writing down any thoughts before sleeping that otherwise may keep you awake can be helpful

3. Emotional rest

- Those needing this form of rest often feel unappreciated by others with their good nature being taken for granted
- Emotional rest requires the courage to be authentic and reduce people pleasing
- An emotionally rested person can answer the question “How are you today?” with a truthful “I’m not okay” and share what would otherwise remain hidden



4. Social rest

- This occurs when we 're unable to differentiate between relationships that are reviving and those that are exhausting
- Social rest can be achieved by surrounding yourself with positive and supportive people
- Even if these interactions are virtual you can engage in them fully by turning on your camera and focussing on who you're speaking to





5. Creative rest

- Important for people with jobs involving problem solving and creating new ideas
- Taking time to go outside into nature and turning your workspace in to an organised and inspiring environment with images, art, photos and quotes



6. Sensory rest

- Sensory overload occurs from stimuli such as bright room lights, computer screens, tablets and phones, zooms/teams meetings and multiple conversations through the working day
- Counter this by:
 - Finding something simple that works for you in the day to give the senses a temporary rest such as closing eyes or going outside
 - Switch off electronics at the end of the day/ in evening



7. Spiritual rest

- The ability to connect beyond the physical and mental and feel a deep sense of belonging, love, acceptance and purpose
- To receive this, engage in something greater than yourself such as meditation, prayer or community involvement/helping others

TED talk & Guardian article

- Full TED talk available on You Tube –
- “ The real reason why we are tired and what to do about it’
- Sandra Dalton-Smith (2021) – Sacred rest: recover your life, renew your energy, restore your sanity’.
- Guardian article: The seven types of rest: I spent a week trying them all. Could they help end my exhaustion? [Emma Beddington](#)
- As you can see, sleep alone can’t restore us to the point we feel rested. So it’s time for us to begin focusing on getting the right type of rest we need.

