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**Did You Know There Are Seven Types of Rest?**

**Insightful Quiz Helps You Identify Rest Deficits Affecting Your Health**

BIRMINGHAM, AL – January 4, 2018 - We are a society that praises being busy, the more you can cram into a day and the fewer hours you need for sleep, the more productive and successful you seem, but are you and at what cost? More than 18,000 people from 134 countries took part in a recent survey on rest which reported68 percent of those surveyed would like more rest (BBC Sept 2016). One physician says most people do not know what type of rest they need and miss some of their best opportunities to improve their health and wellbeing.

Dr. Saundra Dalton-Smith, a top 100 medical expert in *Good Housekeeping Doctors’ Secrets*, says “We have made rest synonymous with laziness when in reality it’s the key to more energy, greater productivity, better creativity, increased happiness, and a thriving life.”

In her book *Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity*, Dalton-Smith shares seven types of rest she found lacking in many patients and how rest impacts every part of our lives:

* **Physical:** The chance to use the body in restorative ways to decrease muscle tension, reduce headaches, and promote higher quality sleep.
* **Mental:** The ability to quiet cerebral chatter and focus on things that matter.
* **Spiritual:** The capacity to experience God in all things and recline in the knowledge of the Holy.
* **Emotional:** The freedom to authentically express feelings and eliminate people-pleasing behaviors.
* **Social:** The wisdom to recognize relationships which revive from ones that exhaust and how to limit exposure to toxic people.
* **Sensory:** The opportunity to downgrade the endless onslaught of sensory input received from electronics, fragrances, and background noise.
* **Creative:** The experience of allowing beauty to inspire awe and liberate wonder.

A deficiency in any one of these types of rest can have unfavorable effects on your health, happiness, relationships, creativity, and productivity. Dalton-Smith offers a free resource at [www.RestQuiz.com](http://www.RestQuiz.com). This comprehensive quiz scores you on all seven types of rest and identifies the rest deficits affecting your wellbeing.

Dr. Saundra Dalton-Smith is a board-certified internal medicine physician and has an active medical practice near Birmingham, Alabama. 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. She is an international media resource on the mind, body, spirit connection and featured in *Prevention*, MSNBC, *Women's Day*, *Redbook*, *First For Women*, and numerous other media outlets.

*Sacred Rest* ($20.00, ISBN: 9781478921677), a 240-page hardcover published by FaithWords/Hachette Book Group, is available at most major online book retailers, in bookstores, and at [www.ichoosemybestlife.com/sacred-rest](http://www.ichoosemybestlife.com/sacred-rest).

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