

Psalm 3:4-5

I lay down and slept;
I woke again, for the Lord sustained me.—[Psalm 3:4-5](#)

Psalm 4:8

In peace I will both lie down and sleep;
for you alone, O Lord, make me dwell in safety.—[Psalm 4:8](#)

Psalm 127:1-2

127:1 Unless the Lord builds the house,
those who build it labor in vain.
Unless the Lord watches over the city,
the watchman stays awake in vain.
It is in vain that you rise up early
and go late to rest,
eating the bread of anxious toil;
for he gives to his beloved sleep.—[Psalm 127:1-2](#)

Proverbs 3:21-24

My son, do not lose sight of these—
keep sound wisdom and discretion,
and they will be life for your soul
and adornment for your neck.
Then you will walk on your way securely,
and your foot will not stumble.
If you lie down, you will not be afraid;
when you lie down, your sleep will be sweet.—[Proverbs 3:21-24](#)

Ecclesiastes 5:12

Sweet is the sleep of a laborer, whether he eats little or much, but the full
stomach of the rich will not let him sleep.—[Ecclesiastes 5:12](#)