



Christian Questions

TALK RADIO WITH A PURPOSE

You will seek Me and find Me when you search for Me with all your heart. Jeremiah 29:13

Dear Rebecca,

Thank you for writing us at Christian Questions Radio. You said that one night you fell asleep in bed with your baby. Two hours later you awoke to find your child in her crib. You wanted to know if there was some presence responsible for this happening and if anyone else ever had a similar experience.

We assume that no one else was at home with you at the time of this incident. Therefore, it is, most likely, you who moved your child to the crib even though you have no recollection of it. You may have been sleepwalking. Below is some research from several sources on sleepwalking.

"Sleepwalking in adults occurs to about four percent of the population, but exact numbers are difficult to estimate. Sleepwalking is a sleep disorder also called *somnambulism*. It involves getting up from bed and walking around, even though you are still asleep. While up, sleepwalkers do not just walk. Many of them perform routine daytime tasks, but in a crude manner or done in the wrong place.

"Most sleepwalkers will stay indoors and just perform some routine task. Some people will go down to their kitchen and fix up an entire meal, eat it and return to bed, without waking up once. A sure clue you are sleepwalking is if you find signs of these nightly events in the morning. You may find food out, a dirty dish, or even find your furniture moved around.

"There are countless reasons why a person may sleepwalk. It could have its foundation in genetics, medical problems, stress, sleep deprivation, medications, or many other possible issues.

"Several medications can bring about *somnambulism* episodes. Anti-arrhythmia heart medicines are common triggers. So are some anti-anxiety and anti-seizure drugs. The popular sleep aids, Ambien and Lunesta are notorious for causing sleepwalking, sometimes with very dangerous behaviors, such as sleep driving. Other common causes of sleepwalking include hormone changes during puberty, PMS, pregnancy and menopause; noise and light; alcohol or drug abuse; or sleeping in strange surroundings."

If you are positive that you are not sleepwalking and you feel that evil forces are at work in your house, you need to seriously pray to God. Call upon the Lord and ask for his help and protection against the evil one. If you are serious in your commitment to God and his word, he will not forsake you. "Submit yourselves, then, to God. Resist the devil,





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and he will flee from you. Come near to God and he will come near to you.”
(James 4:7-8)

We hope we have answered your question. Be sure to sign up for CQ Rewind at www.christianquestions.net. The service is free without obligation and will provide you with scriptural perspective on many questions and topics.

Sincerely,

Christian Questions Radio

