

REST

Meaning: REST (noun): a period of relaxation or sleep to recover energy or alleviate fatigue.

1. After a long day of hiking, all I needed was a good rest.
2. She took a moment to rest her eyes before diving back into her work.
3. It's important to rest your muscles after an intense workout to aid recovery.
4. The children finally fell asleep, granting the parents a much-deserved rest.
5. To maintain productivity, it's essential to take regular breaks and rest throughout the day.
6. After a long day of hiking, I needed to find a quiet spot to rest.
7. The doctor advised him to take some time off work to rest and recover.
8. In the chaos of the city, she cherished the moments when she could just sit and rest.
9. The cat curled up in the sunbeam, content to rest for hours.
10. It's important to balance work with periods of rest to maintain overall well-being.
11. After a long day at work, I need to take a moment to rest and recharge.
12. The doctor advised her to get plenty of rest before her surgery next week.
13. Rest is essential for maintaining both physical and mental health.
14. He decided to rest under the shade of a tree during the hot afternoon.
15. The team took a well-deserved rest after completing the project ahead of schedule.
16. After a long day at work, all she wanted was to find a quiet place to rest.
17. The doctor recommended that he take a few days off to rest and recover from his illness.
18. During the hike, they decided to take a rest at the scenic overlook to enjoy the view.
19. He always finds it difficult to rest his mind, even when he physically relaxes.
20. The cat curled up on the windowsill and fell into a deep rest, basking in the sun.
21. It's important to take a rest after a long day of work.
22. She found a quiet spot in the park to rest and enjoy the sunshine.

23. After the intense workout, he needed a few minutes to catch his breath and rest.
24. The cat curled up on the windowsill, basking in the warmth as it took a well-deserved rest.
25. In order to recover fully, the doctor advised him to rest for at least a week.
26. The doctor advised her to take a rest from her strenuous workouts.
27. As the sun set, the weary travelers found a place to rest for the night.
28. To improve your productivity, it's essential to incorporate regular breaks and rest periods.
29. He always felt rejuvenated after taking a short rest during his busy workday.

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