



▶▶ health & wellness | By Carlene Murray

When You Snooze You Won't LOSE!

As a real estate agent, you know that staying healthy, focused, and energized is essential to your success. It can be so easy to neglect our health and wellness amid so much activity, and tempting to sacrifice sleep in order to accomplish more. However, the truth is that getting enough quality sleep is essential to our physical and mental health and can actually improve our productivity and performance in the long run.

Sleep, the natural state of rest essential for our physical and mental well-being, carries out a range of vital processes, from repairing tissues and strengthening the immune system to

consolidating memories and regulating our mood. Despite its importance, many of us tend to prioritize other activities over getting a good night's sleep, often leading to sleep deprivation and its associated negative effects on our health.

One of the most fundamental benefits of sleep is its role in our physical restoration. During sleep, our body repairs and regenerates tissue, including those that make up our muscles, bones, and organs. This process is crucial for maintaining optimal health and preventing illness and disease. Additionally, sleep is crucial for the proper functioning of the immune

system, which helps to protect us from infections and diseases. Studies have shown that people who regularly get enough sleep are less likely to catch colds and other viral infections.

Sleep is also essential for our cognitive functioning and mental health. When we sleep, our brains consolidate memories, processing and organizing information gathered during the day. This process not only helps us remember what we have learned but also helps to solidify knowledge and skills for long-term use. In contrast, inadequate sleep has been linked to memory impairment and difficulty learning new information.

Moreover, sleep plays a critical role in regulating our mood and emotional well-being. When we are sleep deprived, our brains become more reactive to negative stimuli, making us more prone to anxiety, depression, and other mental health conditions. Conversely, getting enough sleep has been linked to improved emotional regulation and greater overall well-being.

Sleep also plays a role in maintaining a healthy weight and metabolism. Lack of sleep has been linked to increased appetite and a greater risk of obesity and other metabolic disorders. Studies have shown that people who get enough sleep tend to have healthier eating habits and are less likely to crave sugary or fatty foods.

Despite the clear importance of sleep for our health and well-being, we often forgo prioritizing getting enough sleep each night with our demanding work schedules, excessive use of electronic devices, and thinking we just need to grab a few hours. However, making sleep a priority can have incredibly positive effects on our physical and mental health.

Here are some tips to help you prioritize sleep and reap the many benefits of a good night's rest:

- Set a regular sleep schedule. One of the best ways to improve your sleep quality is to establish a regular sleep schedule. This means going to bed and waking up at the same time every day, even on weekends. This helps regulate your body's internal clock and can make it easier to fall asleep and wake up feeling refreshed.
- Create a sleep-friendly environment. Your sleep environment can have a big impact on the quality of your sleep. Make sure your bedroom is quiet, dark, and cool, and invest in a comfortable mattress and pillows. Avoid using electronics in bed, as blue light can interfere with your body's natural sleep rhythms.
- Limit caffeine and alcohol. Caffeine and alcohol can interfere with your sleep quality, so it's best to limit your consumption of these substances, especially in the hours leading up to bedtime. Instead, opt for non-caffeinated beverages and herbal teas to help you wind down.
- Practice relaxation techniques. Stress and anxiety can make it difficult to fall asleep and stay asleep. To combat this, try practicing relaxation techniques such as deep breathing, meditation, or progressive muscle relaxation. These techniques can help calm your mind and prepare your body for sleep.
- Avoid screen time before bed. The blue light emitted by electronic screens can interfere with your body's natural sleep rhythms, making it harder to fall asleep and stay asleep. To avoid this, try to avoid screen time for at least an hour before bed. Instead, read a book, take a bath, or listen to relaxing music to help you wind down.

• Exercise regularly. Exercise is one of the best ways to improve your sleep quality, as it can help regulate your body's internal clock and reduce stress and anxiety. Aim to get at least 30 minutes of moderate exercise per day, but be sure to finish your workout at least a few hours before bedtime.

• Seek professional help if needed. If you're still having trouble sleeping despite making lifestyle changes, it may be time to seek professional help. Your doctor or a sleep specialist can help diagnose and treat underlying sleep disorders, such as sleep apnea or insomnia, that may be interfering with your sleep quality.

Prioritizing sleep is essential to your health and well-being. By establishing a regular sleep schedule you can move the needle of your physical and mental health in so many ways. So the next time you're tempted to sacrifice sleep for work, remember that investing in your health and well-being will pay dividends in your ability to manage stress and the daily duties and demands of the real estate lifestyle and, ultimately, enhance your overall performance in every way.



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