

LET'S TALK

August 2022

Lifestyle!

THE SECRETS TO GREAT SLUMBER

Did you know we spend a third of our lives sleeping, or trying to? Getting enough shut-eye improves mood, concentration, and even reduces the risk of Alzheimer's disease.

If you're tired of being tired, here are some top tips to get that optimal seven to nine hours sleep every night.

A restful routine

While on the weekend it's tempting to binge watch Netflix until the early hours, going to bed and waking up at the same time every day is essential to improved sleep. Try setting a to-bed alarm to bring regularity to your sleep pattern.

Wind down, but not with wine

How great would it be to fall asleep the moment your head hits the pillow?

Unfortunately sleep doesn't quite work like that; our brains need time to adjust. Spend the last 30-60 minutes before hitting the hay, relaxing and unwinding with calming activities like reading and meditating. Avoid nightcaps and caffeine.

Keep it cool

Temperature plays an important part in

sleep. Too hot and you'll wake up in a sweat, but too cold and you won't nod off. The trick is to keep the room just over 18 degrees, allowing your body to drop its core temperature by about one degree – perfect for a peaceful slumber.

Making melatonin

We need darkness for our bodies to trigger the hormone melatonin which regulates our sleep cycle. Before bed, dim the lights and stay off your screens. An eye mask works wonders if you're having trouble blocking out stray light.

If at first you don't succeed, try again

If you're still awake after 30 minutes, don't lie tossing and turning. Get out of bed and do something different. Try reading a book in another room and return to bed when you feel sleepy. This way your brain will associate the bed as a peaceful sleep oasis.

Getting enough shut-eye is essential for our health and wellbeing and while it may take some time to settle into a healthy sleep routine, now is a great time to start working on it to boost your immunity and improve how you think and feel during the day.

IS IT STILL A GOOD TIME TO BUY OR SELL?

"Perception is reality." So the saying goes.

Economics is as much the study of human behaviour as it is an analysis of all things financial.

Rising interest rates, inflation, tight lending restrictions – all these negatives tend to paint a picture that leaves people wondering, "Is it really a good time to buy or sell a house?"

During Covid-19 lockdowns, housing demand exploded. An unprecedented frenzy fuelled record prices almost everywhere.

The market is now taking a reality-check. Yes, sale prices have dipped but they're still well above what they were just two years ago in 2020. Housing is still a solid investment.

The truth is, if you're both buying and selling within a short timeframe, whether prices are going up, down, or remaining steady, it makes very little difference.

If you want or need to move, check with the bank, then do it!

Advice for sellers

With more stock coming to the market buyers have more choice. An offer made today may be gone tomorrow. Seriously consider all offers.

To achieve a great result, the principles of price, presentation and promotion haven't changed.

Work with an agent you can trust, who will give you honest advice and leave no stone unturned to make sure you receive the very best offer. ▶



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Advice for buyers

There are many reasons to buy now, rather than wait and see what the market might do.

Renting If you're a tenant, consider that every week you're paying off someone else's mortgage, not your own; rents are rising too.

Affordability You may have pre-approval from the bank now at a fixed interest rate of 5%, but can you still afford to buy later at 6.5%?

Greater Choice Rather than fixate on price, consider that you may now be able to afford an extra room or move a bit closer to town.

Need to move?

In summary, take the economic mood of the nation with a pinch of salt. Perception isn't always reality.

Give us a call to discuss your options. If you need to buy or sell to move on with your life, now's good.

Let's make it happen.



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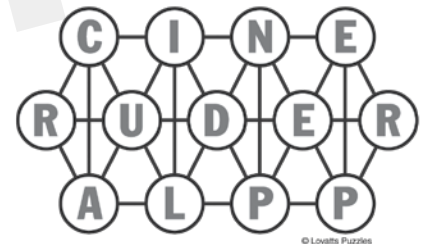


Gorgeous Rolling Hills

Wintour Estate - Waimauku - 7 lots for sale!
7x 1ha lots now on the market - call Simone or Jacqui to view.

A guide to homemade herbal soothers for winter sniffles

The very easiest cough remedy to make at home is thyme tea. Add some sage and gargle it if you have a sore throat, or sip on it throughout the day. To make, infuse a tablespoon of fresh or dried thyme leaves in boiled water for eight to ten minutes.



CHAIN LETTERS: Can you find the 13-letter word hiding in the chain? You must use all 13 letters once only and can move from circle to circle only where they are connected by lines.

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