

Real Estate Newsletter
March 2023



PS POINT
SOUTH
REALTY

INFORMATION FOR BETTER LIVING

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Pet of the Month

A Realty Company for Seniors and Retirees



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Try This Neuroscientist's Top Tip for a Good Night's Sleep

VOGUE February 2023

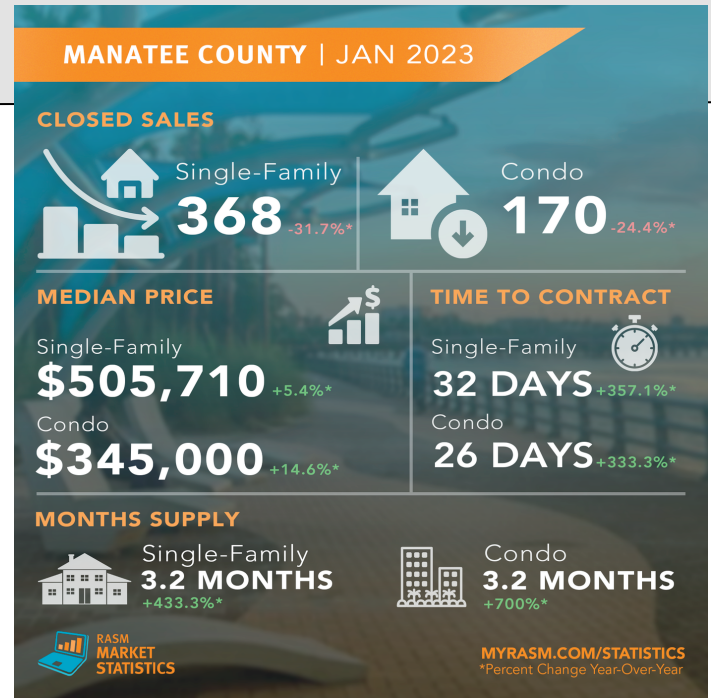
You might think you've tried every trick in the book for a good night's sleep. From breath work and CBT to gadgets and apps, the wellness space is awash with techniques and products that promise a peaceful, uninterrupted night's sleep, and if you struggle with insomnia, it's likely you've experimented with them all—often to no avail. But the real secret to enhanced sleep could (or perhaps, should) be staring you right in the face.

According to Andrew Huberman, neuroscientist and associate professor of neurobiology, psychiatry, and behavioral sciences at Stanford University and host of the Huberman Lab podcast, one of the most important practices for healthy sleep is to ensure you **view sunlight each morning**. “View sunlight by going outside within 30 to 60 minutes of waking,” he says. “Do that again in the later afternoon, prior to sunset.” For the most effective use of the technique, which is backed up by scientific studies, he recommends viewing between two and 10 minutes of outdoor light first thing.

Crucial to balancing our circadian rhythms, viewing sunlight also triggers an increase in (healthy levels of) cortisol, epinephrine, and dopamine, all hormones that are key to improving immune system function, mood, and energy. As well as promoting wakefulness and our ability to focus throughout the day, this simple habit also “starts a timer for the onset of [the sleep hormone] melatonin,” which helps our bodies understand when it's time to wind down and get ready for sleep. Cue a better night's kip.

It's worth noting that this habit is much more effective (50 times more, in fact) if you go actually go outside to view sunlight, rather than taking it in through a window. However, if you wake up and it's still dark, Huberman recommends turning on artificial lights—or using a SAD lamp, such as Lumie's Vitamin L—and then going outside once the sun rises.

One of Huberman's biggest wellbeing tips for a healthier life all around, getting outside in the morning is not just easy—it's totally free. “It is perhaps the most important thing that any and all of us can—and should—do in order to promote metabolic wellbeing, promote the positive function of your hormone system, and get your mental health steering in the right direction.”



Local Home Prices Hold Steady in January, Despite a Downturn in Sales

SARASOTA, Fla. (February 21, 2023) – The Sarasota and Manatee housing market starts off the year with a continued rise in the supply of homes for sale. According to data from Florida REALTORS® and compiled by the REALTOR® Association of Sarasota and Manatee (RASM), the month’s supply of inventory for both property types increased year-over-year by more than 400 percent in the North Port-Sarasota-Bradenton MSA. Home prices continue to increase year-over-year in January, showing no sign of decreasing back to pre-pandemic levels.

“The real estate market in Sarasota and Manatee Counties continues to be less active than the same time last year with significant decreases in the number of closed sales across all property types. Despite the decrease in sales, median sales prices for all property types are still higher than last year, with the exception of Sarasota single-family homes, indicating that property values are holding steady,” said Brian Tresidder, 2023 RASM President and Strategic Growth & Sales Manager at William Raveis Real Estate. “It’s important for potential homebuyers and sellers to consult with experienced REALTORS® who can provide up-to-date information on local trends as well as guidance so that they may make the most informed decisions regarding their real estate needs.”

“Historically, inventory levels are still relatively low, but they have increased significantly over the course of the past 12 months. Additionally, we’re seeing fewer closings at or higher than the original asking price when compared to last year,” added Tresidder. “As for pending sales, there were 60.8 percent more pending sales for single-family homes this month than the previous month, which signals that future closings may not drop to the large levels we’re currently seeing.”

The month’s supply of inventory was at 3.2 months for both property types in Manatee County, a 700 percent increase for condos and a 433.3 percent increase for single-family homes, representing the largest year-over-year increase to date. In Sarasota County, there was a 2.7-month supply for condos and a 2.8-month supply for single-family homes, an increase of 350 percent and 366.7 percent respectively.

Broadway Musicals

WORD SEARCH PUZZLE



A CHORUS LINE

ALADDIN

CABARET

CHICAGO

DREAMGIRLS

EVITA

GREASE

HAIRSPRAY

HAMILTON

JERSEY BOYS

KINKY BOOTS

LES MISERABLES

MAMMA MIA

MAN OF LA MANCHA

MARY POPPINS

MISS SAIGON

MY FAIR LADY

OKLAHOMA

ROCK OF AGES

SOUTH PACIFIC

SPAMALOT

THE LION KING

THE PRODUCERS

WICKED



Meet Heidi



A Special Salute...



We Thank You!

to Heritage Harbour resident Jack Frost! Jack served in the US Army Airborne Division from 1953-1955 then was the 1st Class at the US Air Force Academy. Following his service he earned his law degree and as a retiree enjoys his time playing some hands of poker and getting out with his adorable pup Wilson.

Love at first sight! After Heidi was found wandering a trailer park in Miami post Hurricane Irma, she was taken to Nate's Honor Animal Rescue in LWR where the universe would have her new forever person, Sharie, find her. Sharie knew immediately Heidi was meant to come into her life. The two now happily reside at Stone River Retirement Community in Bradenton ♡♡♡♡♡