

Quality of Life TIPS & TRICKS

Sleep Tight

We've heard the phrase "read the room," right? But I bet no one has ever connected that phrase to "get some sleep."

In fact, studies show that the more REM (rapid eye movement) sleep you get, the better able you are to read people's emotions. In our line of work, it's important to recognize and react to our client's or potential client's feelings, that of the judge, or that of opposing counsel. It makes us better listeners and, thereby, a better law firm.

So, on top of all of its other benefits, make sure you're getting enough sleep, as it makes you more present and aware.



This Wellness Tip was brought to you by the Quality of Life Subcommittee of the Primerus™ Quality Assurance Board and Featured Contributor Nicole Quintana. We also welcome your tips, which can be submitted to Paige Neirman at pneirman@primerus.com for publication consideration.