

[Get a goodnight sleep](#)

Therapist: [Dr Nerina Ramlakhan](#)

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[Dr Nerina Ramlakhan](#), a lead [sleep](#) therapist at Capio Nightingale Hospital, shares some tips on how to get a good night [sleep](#).

[Dr Ramlakhan](#)'s advice includes tips such as limiting the intake of stimulants and taking regular exercise. [Please read the full article](#)

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