

[Get good sleep hygiene](#)

Therapist: [Dr Nerina Ramlakhan](#)

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[Dr Nerina Ramlakhan](#) a lead sleep therapist at Catio Nightingale Hospital offers advice on developing good [sleep](#) hygiene along with useful tips for insomniacs.

Different research has found that [sleep](#) can be affected by everything from the temperature of the bedroom to position of the pillow.

[Dr Ramlakhan](#) explains how there are two extreme spectrum of people in terms of their [sleeping](#) sensitivity. She says, "What I call the 'martini sleeper' can [sleep](#) anytime, anyplace, anywhere and rarely has sleep problems, while the 'sensitive sleeper' often needs things to be just right in order to [sleep well.](#)" [**Please read the full article**](#)

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