

Stop tweeting, start enjoying. How to learn the art of living in the now

Therapist: [Dr Nerina Ramlakhan](#)

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Dr Nerina Ramlakhan, a [sleep and energy](#) therapist at London's private [Capio Nightingale Hospital](#), states that, "We are using [technology](#) to conduct our relationships, and so it needs to be treated like relationships."

Overview:

As a result of living in the digital age we are surrounded by technology and the chances of developing a [technology addiction](#) have increased. This article looks at how technology impacts our lives, including the human brain and our inability to switch off. It focuses on society's obsession with social media and how real life is taking a back seat against the onslaught of tweets, texts and apps. The article offers a series of expert advice and tips to encourage [mindfulness](#) and [relaxation](#) to learn 'the art of living in the now'. [Read article](#)

Further Information:

[Sleep & Energy Therapy](#)

[Relaxation Therapy](#)

[Sleep Therapy](#)

[Mindfulness Therapy](#)

[Technology Addiction](#)

Book: [Tired but wired: How to overcome your sleep problems](#) by Dr Nerina Ramlakhan