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**How to Overcome
Your Sleep Problems –
The Essential Sleep Toolkit**

DR NERINA RAMLAKHAN

Tired But Wired The Essential Sleep Toolkit

Nerina Ramlakhan



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inspiring memoir confronting the complexities of mental health A story of resilience growth and the human spirit's capacity to overcome adversity and find purpose It offers practical insights for those facing similar challenges offering useful tips and actionable strategies *Tired But Wired* Nerina Ramlakhan, 2010 A groundbreaking book about getting good sleep and

having the energy to deal with the pressures of modern life Delivering its message in a practical and accessible way it is based on the author's experience of insomnia her academic background and experience of working with thousands of patients with sleep problems This book explains the mysterious process of sleep while dispelling some of the common myths about it The second part of the book the Sleep Toolkit offers practical and effective techniques for solving sleep problems and improving the quality of sleep

Pocket Ease A Beginner's Toolkit of Short Settling Rituals for Everyday Life Benjamin Ross, 2025-09-05 When tension spikes you don't need a lecture you need a tiny move that changes the moment Pocket Ease gives first timers a friendly step by step rhythm for turning scattered energy into steady presence in just a few minutes Using plain language and zero jargon you'll learn how to notice the first signs of swirl settle your body quickly and choose a next action that creates relief you can feel Inside you'll practice a simple loop Spot what's happening name the cue Soothe the body two breath reset grounding object Shift attention one small task and Seal the win micro celebration that wires confidence Grab and go scripts cover commutes meetings social spikes bedtime rumination and decision overload Weekly check ins and tiny trackers keep progress visible without pressure so momentum builds naturally These brief rituals fit into real life between emails before a call in a parked car or right before sleep Start today and carry calm in your pocket wherever you are

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The Little Book of Sleep Nerina Ramlakhan, 2018-09-06 The Little Book of Sleep is a beautifully colour illustrated guide to achieving deep natural clean sleep Sleep expert Dr Nerina Ramlakhan explains why a good night's sleep is essential in today's demanding 24/7 technology driven world introduces us to the science of sleep and teaches us that the secret of good sleep is to get out of our head and back into our body Using a unique combination of Eastern and Western practices including yoga ayurveda and body awareness techniques and with an abundance of invaluable advice and techniques Dr Nerina guides the reader on their personal journey back to sleep

Fast Asleep, Wide Awake: Discover the secrets of restorative sleep and vibrant energy Dr Nerina Ramlakhan, 2016-08-11 A powerful methodology to help you switch on your body's innate ability to sleep well and how to build extraordinary energy

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