

Dream themes

A number of common themes appear in people's nightly reveries. Here we take a look at some of the more well-known ones. Do you recognise any of the following?

Sleep tight

Struggling to nod off? Here are some suggestions to help ensure a good night's sleep

Try a silk-filled duvet. Naturally hypoallergenic, lightweight and breathable, these cosy duvets will aid a restful night's sleep. See mandarina.co.uk for more details.

The range of pure New Zealand lambswool aromatherapy pillows from White Cloud are infused with lavender, tangerine, clary sage and neroli to assist relaxation and encourage sleep. See whitecloud.co.uk to find out more.

Light therapy is said to help improve sleep by regulating the body's circadian rhythms. The SAD Lightbox Company stock a range of light boxes and natural alarm clocks which can help with this. Visit sad.uk.com for more details.

Valerian root extract has been found to be an effective herbal remedy for insomnia. Try NiteHerb, £5.99 for 30 tablets, available from niteherb.co.uk. Each tablet contains 150mg of valerian root extract.