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REVIEWS: Reversing Insomnia In 3 Days

The Instant Guide To Sleeping Like A Baby Tonight

Author: Rao Konduru, PhD

ASIN # B0842F1KLX ISBN # 9780973112092

Author's website: www.reversinginsomnia.com

When this book was advertised, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed many reviews. Amazon removes millions of reviews every year.

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Customer Reviews on Amazon.com

5 out of 5 stars

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Ali Ghahary

5.0 out of 5 stars VERY USEFUL GUIDE

February 14, 2019

Format: Kindle Edition

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
Dr. Ali Ghahary, MD



[Comment](#) [Report abuse](#)

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Donald Vosag

5.0 out of 5 stars The Instant Guide To Sleeping Like A Baby Tonight

November 9, 2019

Format: Kindle Edition

I started practicing the sleep restriction method and it is slowly starting to improve my sleep efficiency. Looking forward to working through the remainder of the workbook.



[Comment](#) [Report abuse](#)

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Top Review s

Top Reviews



Anamaría Aguirre Chourio

5.0 out of 5 stars [Naturally Reverse Insomnia In 3 Days!](#)

Reviewed in the United States on March 20, 2020

Verified Purchase

This little book unveils perfectly natural insomnia self-treatment. This book’s message is that we should live under sunlight or bright lights during the day, and in the dark during the night at least for a few days to reverse chronic insomnia. In addition, by controlling the number of cups of coffee consumption, we can control the chronic sleeplessness. I must minimize the number of cups of coffee I consume daily or the amount of caffeine consumption per day by trial and error. Whatever amount of coffee I decided to consume must be consumed before noon (No coffee consumption in the afternoon howsoever).

Living in the pitch-black darkness during the night after 7 pm is of utmost importance during the treatment until the chronic insomnia is completely reversed and until you are free. Going out and exposing to street bright lights is strictly prohibited so stay home all the night when on this insomnia treatment. There are many other instructions to be followed (there are 24 instructions all together) rigorously to reset the Master Biological Clock located in the brain in order to achieve successful results.

REVERSING INSOMNIA IN 3 DAYS book contains a natural insomnia self-treatment method, which is very practical and it works. All naturopathic doctors would be elated to read this book, and to know about this perfectly natural and no-nonsense self-treatment. This method should be adopted by all insomniacs.

This method worked for me, as I easily reversed my sleeplessness in a few days without spending a dime. More importantly, I did not spend any money by making many trips to medical specialists and psychiatrists, and did not purchase any sleeping pills or prescription drugs. This natural method will work for anybody as long as the person strictly follows “All 24 Do-It-Yourself Instructions” detailed in Chapter 1 at least for a few days to a week.

Helpful

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Jade

5.0 out of 5 stars **The Natural and Effortless Insomnia Treatment That Works!**
Reviewed in the United States on February 5, 2021
Verified Purchase

Until the electricity was discovered and distributed for modern living, and before the houses, workplaces and streets were illuminated by electricity, our ancestors used to work hard under the Sunlight during the day, and used to sleep in pitch-black dark houses during the night. Our ancestors did not suffer from chronic insomnia like we do now by living under bright and powerful electric lamps in houses, workplaces and on streets. This is the major cause of current-day chronic insomnia.

This book "Reversing Insomnia" teaches that by living under the Sunlight or bright lights during the day (for 12 hours), and by living strictly in the pitch-black darkroom during the night without ever exposing to bright lights (for another 12 hours) at least for a few days, it is possible to reset the Master Biological Clock, and to reverse chronic insomnia. This is the fundamental principle based on which the method of reversing chronic insomnia has been derived and outlined in this book.

All we need do is reset "the Master Biological Clock" by doing some simple exercises nicely outlined in this book in a simple language in order to reverse chronic insomnia. If you read, understand and follow carefully all 24 instructions outlined in the Main Article of this book in Chapter 1, you can reverse chronic insomnia in 3 days to 3 weeks, depending on how seriously and sincerely you implement this method without breaking the rules.

I reversed it in 3 days. It is the one 100% natural method. All those prescription sleeping pills and OTC sleep aids are a mere waste of money, unnecessary and they further ruin your health. Believe it or not, this natural method works but you must try it seriously and sincerely by exercising self-discipline at least for a few days! All sleep clinics should adopt this natural method. All insomniacs must be free from insomnia by using this book.

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Top International Reviews

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Jack mckeeper

5.0 out of 5 stars **Middle-of-the-Night Insomnia Cure Is In This Book!**

Reviewed in the United Kingdom on March 12, 2020

Verified Purchase

We often worry about lying awake in the middle of the night - but it could be good for you, some sleep specialists and researchers say. A growing body of evidence from both science and history suggests that the eight-hour continuous sleep may be unnatural.

Dr. THOMAS WEHR'S RESEARCH ON SEGMENTED SLEEP: In the early 1990s, a psychiatrist Dr. Thomas Wehr conducted an experiment in which a group of people were plunged into darkness for 14 hours every day for a month. It took some time for their sleep to regulate but by the fourth week the subjects had settled into a very distinct sleeping pattern. They slept first for four hours, then woke for one or two hours before falling into a second four-hour sleep. Though sleep scientists were impressed by the study, among the general public the idea that we must sleep for eight consecutive hours still persists.

This book suggests that "Segmented Sleep" should not be practiced intentionally. But if your sleep is divided into several segments during the night, stay peacefully in a relaxed mood as if everything was normal without panicking. Chapter 4 is dedicated for this kind of very interesting research-based topic. Living alone in the DARK ROOM (PITCH-BLACK ROOM) during the nighttime, without any kind of light (a battery-powered lamp can be used during walking only), would significantly help improve your sleep and combat chronic insomnia. The spontaneous melatonin production by the pineal gland located in your brain is the key to attaining a good night's sleep (Do not take artificial melatonin pills).

If you are suffering from middle-of-the night insomnia, please read the INSTRUCTION # 24 of Chapter 1 "How to treat Middle-of-the-Night Insomnia," and follow the treatment method explained there step-by-step. You will be successful if you follow those guidelines carefully.

Helpful

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Daniele D'Alessio

5.0 out of 5 stars **This Course Will Reset Your Master Biological Clock!**

Reviewed in the United Kingdom on August 30, 2020

Verified Purchase

This is an amazing natural method that works for any insomniac. If you are suffering from chronic insomnia or sleeplessness, you most probably have developed the circadian rhythm disorder, which means your master biological clock, also known as the suprachiasmatic nucleus (SCN), located in your brain was disturbed and shifted from normal mode to the disturbed mode. As a result, your brain is unable to recognize and distinguish the difference between the daytime and the nighttime, and therefore the secretion of melatonin from your pineal gland has become stagnant or unregulated. In order to get out of this dilemma, you need to reset your master biological clock by practicing the very simple and easy-to-follow exercises (24 instructions) described in this book.

By living under the sunlight or bright lights during the day, and by living strictly in the dark (in a pitch-black room) during the night without ever exposing to bright lights, it is indeed possible to reverse chronic insomnia. Our ancestors used live like that until and before the electricity was discovered.

This mini course is designed to teach you everything step-by-step on how to do it correctly at the comfort of your home. If you read, understand and practice sincerely and seriously all instructions detailed in this mini course, you could be a winner, and abolish your chronic insomnia in 3 days. This mini course will reset your master biological clock, if you practice it seriously, and you will be sleeping like a baby thereafter. There is absolutely no need to visit specialists and more importantly sleeping pills are unnecessary.

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Top International Reviews

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A THAKUR

5.0 out of 5 stars **Thanks to This Amazing Insomnia Method!**

Reviewed in India on March 14, 2020

Verified Purchase

I wasted a lot of time and money by visiting sleep clinics, sleep therapists, psychiatrists, and by buying prescription sleeping pills, OTC products, and nothing helped me as good as this amazing and simple treatment presented in this book that costs nothing.

I just read Chapter 1 in which chronic insomnia treatment procedure is summarized briefly so that a layperson could easily understand, and followed those instructions rigorously, and results were outstanding. This treatment worked for me, as I am now free from insomnia.

As the book suggests, it is important that you should follow these simple instructions strictly if you want this treatment work for you right away. I did exactly want the procedure instructed me to do in Chapter 1. I read all 24 instructions carefully with a clear understanding. The procedure is very simple and natural. When I followed all instructions of this procedure step-by-step, my Master Biological Clock was reset within a few days, and switched me to natural sleep mode. My melatonin production became normal.

I now know what to do exactly as the day begins, as the day progresses & as the day ends, as the night begins, as the night progresses & as the night ends. It is very easy to be accustomed to this natural self-treatment. I will live like this forever, and I will be sleeping like a body every single night for the rest of my life. Thanks to this amazing book and to the author who discovered the amazing natural insomnia method!

Helpful

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Healthy Promotions

5.0 out of 5 stars **Best Insomnia That Works In 3 Days.**

Reviewed in India on March 19, 2020

Verified Purchase

This book has helped me reverse my chronic insomnia naturally within a few days, and now I sleep very well without any difficulty. By following the 24 instructions described in Chapter 1, I was able to reverse my chronic insomnia. It works exactly as explained in the book if we follow sincerely and seriously without breaking rules. The Master Biological Clock was reset within a few days naturally, and my melatonin secretion from pineal gland normalized, and as a result I started sleeping well. I found that this book is very helpful, very interesting and very useful! The amazing first chapter is all we need. The other chapters will educate us and provide us a lot of knowledge relevant knowledge related to insomnia.

I have also read the "Reversing Insomnia Book (the complete book with 7 chapters)" in which I learned many interesting scientific facts. Research proved that caffeine disrupts sleep so we wake up in the morning tired, dissatisfied, and tend to take naps in the afternoon. We will be tempted to consume another cup of coffee late in the afternoon as we feel drowsy due to lack of sleep in the previous night. This vicious cycle continues like a chain reaction. That means we are addicted to caffeine and become unable to sleep well by tossing and turning.

It was also proved in sleep labs that caffeine reduces REM sleep (Rapid Eye Movement). This means less dreams, less chance for recharging the mind. Without REM stage of sleep, we become depressed. Caffeine also reduces or eliminates the deepest sleep possible in alpha and delta stages of sleep. This means less chance for recharging the body, less recovery from physical stress, less benefit from exercise, and less HGH (Human Growth Hormone) release.

We need to minimize the caffeine consumption, or consume herbal tea or alternative products to coffee. If we can reset the Master Biological Clock in 3 days by following the 24 instructions of this book, the melatonin secretion will be normalized, and then we will start entering REM stage in the deep sleep, which is the most important part of a fully-satisfied good-night sleep.

Helpful

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Wellness Books

5.0 out of 5 stars **Yes I Reversed My Chronic Insomnia in 3 Days!**

Reviewed in Canada on March 18, 2020

Verified Purchase

I recommend this "REVERSING INSOMNIA IN 3 DAYS" book to all people suffering from any kind of sleeplessness or chronic insomnia.

Dr. RK'S BOOKS ARE ALL MUST-READ HEALTH BOOKS: I have read his intriguing book "Drinking Water Guide". His book "Permanent Diabetes Control" is wonderful. All his health books are extremely impressive, extremely interesting, extremely useful, and directly applicable to current-day health problems that many people face today. I recommend that both medical doctors and naturopathic doctors should read these books, and benefit from the contents. All his books are science-based and practical guides. His extensive scientific research experience is clearly visible in these books.

He teaches everything so nicely step-by-step by dividing the book's contents into many headings, sub-headings and paragraphs so that a layperson can easily understand his teachings. He always convinces the reader with logic by making simple calculations that make sense. All his teachings are science-based with simple mathematics and attractive tables, showing the innovative experiments he conducted at the comfort of his home on his own body, resolving his own complex health issues with natural methods, without ever using traditional prescription drugs being prescribed by doctors. This book is no different.

I have read and enjoyed his well-written and well-organized books "Reversing Obesity, Reversing Sleep Apnea, Reversing Insomnia, and Reversing Insomnia in 3 Days." These books are extremely useful to medical community. All contents are directly applicable to my own health problems that I have been facing for years, and extremely useful. I am now using his books and these books helped me control my weight gain, my mild sleep apnea and helped me cure my chronic insomnia as well. Yes it is possible, I reversed my chronic insomnia with this natural method. I offer my hearty congratulations to the author Dr. RK.

Helpful

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rohit joshi

5.0 out of 5 stars **Best Book In Reversing Chronic Insomnia!**

Reviewed in India on March 13, 2020

Verified Purchase

I found that the natural treatment in this book "Reversing Insomnia in 3 Days" works. Myself and several people close to me tried it, and found the method very helpful, and very satisfying in treating insomnia. Based on my opinion, this method should be implemented in all insomnia clinics, and all naturopathic doctors should use this method and practice it with their patients.

The author gives the scientific explanation how and why this method should work. By living under sunlight or bright lights during the day, and by living strictly in the dark during the night, without exposure to bright lights, it is possible to reverse chronic insomnia. This is the fundamental principle based on which the method of reversing chronic insomnia has been derived and outlined in this book.

This book details all this info and much more about scientific reasoning behind this method: The pineal gland secretes melatonin at night upon the orders of the Master Biological Clock, also called Suprachiasmatic Nucleus (SCN), located in your brain. If your Master Biological Clock is already malfunctioning because of your careless sleeping habits, you need to reset the clock by following the simple instructions detailed in this book. You need to live under sunlight or bright lights during the day, and in the pitch-black dark room in the night at least for a few days by following all rules strictly. If you can do so, your Master Biological Clock will be reset, and the melatonin production becomes normal. Then, and only then, you will be able to reverse insomnia and sleep like a baby!

This is not just a book, this is "The Instant Guide to Sleeping Like Baby Tonight." So you better experience it starting tonight. You will be astonished to see your own results.

Helpful

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Chandan

5.0 out of 5 stars **Yes, it is possible to reverse chronic insomnia in 3 days!**

Reviewed in India on January 26, 2021

Verified Purchase

Yes, it is possible to reverse chronic insomnia in 3 days. I did it and I am sure anybody can do it. The instructions given in this book are very simple to follow, and any layperson can understand.

The complete book "Reversing Insomnia" gives all scientific details on how master biological clock works, and how it regulates the production of melatonin from the pineal gland located in the brain. You need to reset your master biological clock if you want to cure your insomnia exactly as explained in this mini book. I have read both books "Reversing Insomnia" and "Reversing Insomnia in 3 Days."

I recommend all insomniacs to please read the complete book "Reversing Insomnia" by the same author. You will be amazed to cure yourself the chronic insomnia in 3 days without using any sleeping pills. The method is completely natural, and it works for anybody.

Helpful

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isha

5.0 out of 5 stars **This Natural Method Is Easy to Implement!**

Reviewed in India on January 26, 2021

Verified Purchase

The natural method illustrated in this book to cure chronic insomnia is easy to implement, easy to follow, and easy to get positive results. I understood all 24 instructions presented in Chapter 1, and practiced "Reversing Insomnia" procedure, and I was able to completely reverse my chronic insomnia in less than 3 days, and started sleeping like a baby thereafter.

THIS NATURAL METHOD IS EXPLAINED IN ONE PAGE: As a matter of fact, you don't even have to read all 24 instructions. Chronic insomnia treatment is summarized in one page. Please refer to Page 6 of this mini book titled "Reversing Insomnia in 3 Days: The Instant Guide to Sleeping Like A Baby Tonight." Or just click on the green link "Insomnia Treatment Summarized in One Page" in the Active Table of Contents of the Kindle eBook. By reading and by following the simple instructions (very simple exercises) provided in one page only, you can easily reverse chronic insomnia in 3 days. Try it out. You will be successful, happy, and will start sleeping like a baby thereafter.

Helpful

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Poonam

5.0 out of 5 stars **You Can Reverse Chronic Insomnia In 3 Days, Assured!**

Reviewed in India on January 28, 2021

Verified Purchase

You can reverse chronic insomnia in 3 days as I reversed it. The process of reversing insomnia begins right on the first night when you turn off all ceiling lights, and when you start living in the pitch-black darkness after 7 pm.

By living under the sunlight or bright lights during the day, and by living strictly in the dark during the night without exposing to bright lights, it is possible to reverse chronic insomnia. This is the fundamental principle based on which the method of reversing chronic insomnia has been derived and outlined in this book.

Helpful

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You've read the top international reviews!

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Top International Reviews

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Bilal Khalil

5.0 out of 5 stars Amazingly Simplified Insomnia Cure!

Reviewed in the United Arab Emirates (UAE) www.Amazon.ae

November 6, 2020

I have wasted a lot of time and money by visiting sleep clinics, sleep specialists, and by buying sleeping pills, OTC products and sleep remedies, and nothing helped me as good as this amazing and simple treatment outlined in this book.

I just read page 10 in which chronic insomnia treatment procedure is summarized briefly in one page so that a layperson could easily understand, and follow those instructions rigorously, and results were outstanding. This treatment worked for me, as I am now free from insomnia.

As the book suggests, it is important that you should follow these simple instructions strictly if you want this treatment work for you right away. I did exactly want the procedure instructed me to do in page 10. I also read all 24 instructions of Chapter1. The procedure is very simple and natural. When I followed all instructions of this procedure step-by-step, my Master Biological Clock was reset within a few days, and the melatonin production became normal and usual and switched me to natural sleep mode within a few days.

I now know what to do exactly as the day begins, as the day progresses & as the day ends, as the night begins, as the night progresses & as the night ends. It is very easy to be accustomed to this natural self-treatment. I will live like that for the rest of my life, and I will be sleeping like a body every single night. Thanks to this amazing "Reversing Insomnia" book and to the author!

You've read the top international reviews!

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REVIEWS: Reversing Insomnia

The Instant Guide To Sleeping Like A Baby Tonight

Author: Rao Konduru, PhD

ASIN # B07L2347F9 ISBN # 9780973112016

Author's website: www.reversinginsomnia.com

When this book was advertised, many readers downloaded and posted the following REVIEWS on Amazon.com. But the Amazon's automatic clean-up program later removed some reviews. Amazon removes millions of reviews every year.

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Customer Reviews on Amazon.com

5 out of 5 stars

Showing 1-10 of 30 reviews

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Ali Ghahary

5.0 out of 5 stars **VERY USEFUL GUIDE**

February 14, 2019

Format: Kindle Edition

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
Dr. Ali Ghahary, MD



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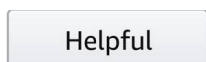
Anna Zoe

4.0 out of 5 stars **Appreciating content**

November 6, 2019

Format: Kindle Edition

I was recommended this book by a sleep specialist. It is helping me a lot. I can't thank the authors enough for the wonderful work they did writing it. They created a clear path to help with sleep issues; easy to follow directions, a bit of tough love and wonderful suggestions that make sense. Each step is explained well.



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Antonie Brown

5.0 out of 5 stars **Recommended**

November 6, 2019

Format: Kindle Edition

I purchased this book for my female friend who has trouble getting a full nights sleep. She often wakes up in the middle of the night and stays awake for hours. She read a lot of books on the subject. And she thought that this book provided the best information. The book is easy to read.

Helpful

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Sudip sarkar

5.0 out of 5 stars **Great read**

November 9, 2019

Format: Kindle Edition

In this book the first day it was available and am so looking forward to making some of these recipes. After reading and applying The Autoimmune Solution, I was able to get into a continuing remission from Graves disease.

Helpful

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Prince Albert

5.0 out of 5 stars **Good book**

November 7, 2019

Format: Kindle Edition

This is the essential guide to co-sleeping and bed sharing. This book is an incredibly easy read.

One person found this helpful

Helpful

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Wang Inhee

5.0 out of 5 stars Nice!

November 8, 2019

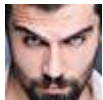
Format: Kindle Edition

I would highly be recommended to read this book, everyone. This book gave me a lot of information. This book is awesome to read and I think this book is the best book of this topic, and I really appreciate this book.

Helpful

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Rizwan Khan

5.0 out of 5 stars Important one

November 8, 2019

Format: Kindle Edition

To understand the body's language (it is time to sleep), and to stay in a quiet and calm darkroom, to relax by suppressing all thoughts of the mind, and to go to bed in an attempt to sleep.

Helpful

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Donald Vosag

5.0 out of 5 stars The Instant Guide To Sleeping Like A Baby Tonight

November 9, 2019

Format: Kindle Edition

I started practicing the sleep restriction method and it is slowly starting to improve my sleep efficiency. Looking forward to working through the remainder of the workbook.

Helpful

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Frankie James

5.0 out of 5 stars Good and informative guide, must have!

November 7, 2019

Format: Kindle Edition

Great information on ways to safely co sleep. This book lays out all studies and data on different types of co sleeping, when and how to safely do it in a number of ways.

Helpful

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Showing 11-20 of 30 reviews



BARBARA FIGUEREDO

5.0 out of 5 stars [Good guide book..☺☺☺](#)

November 10, 2019

Format: Kindle Edition

This is a very good book. Some of the things I already know but there are lots of things that are new to me. I highly recommend this book!

Helpful

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Princess Cristina

5.0 out of 5 stars [helpful book](#)

November 9, 2019

Format: Kindle Edition

This is the essential guide to co-sleeping and bed sharing. It's a great guide to sleeping like a baby tonight. I like this book.

One person found this helpful

Helpful

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Apu mittra

TOP 500 REVIEWER

5.0 out of 5 stars [Reversing Insomnia](#)

November 9, 2019

Format: Kindle Edition

As with any self help book, you must read it from cover to cover and impliment daily in order to get the assistance needed.

Helpful

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Brittany Jones

5.0 out of 5 stars **Best one**

November 8, 2019

[Format: Kindle Edition](#)

Easy to follow directions, a bit of tough love and wonderful suggestions that make sense. Each step is explained well.

Helpful

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David

5.0 out of 5 stars **Wow one**

November 8, 2019

[Format: Kindle Edition](#)

She read a lot of books on the subject. And she thought that this book provided the best information. The book is easy to read.

Helpful

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Mahadev

5.0 out of 5 stars **WOW**

November 9, 2019

[Format: Kindle Edition](#)

Want to feel more alive and lose weight as a Bonus!!! It's been hard to give up starch and sugar, but worth it!!!

Helpful

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nana vai

5.0 out of 5 stars [nice book](#)

November 6, 2019

[Format: Kindle Edition](#)

This is a lovely story that most children and parents will find relevant and helpful to their lives.

Helpful

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AMAZON CUSTOMER

4.0 out of 5 stars [Insomnia](#)

November 8, 2019

[Format: Kindle Edition](#)

Great this book showing good research about insomnia with details knowledge and research.

Helpful

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Kyron Charles

5.0 out of 5 stars [Awesome book](#)

November 6, 2019

[Format: Kindle Edition](#)

It's a great guide to sleeping like a baby tonight. I like this book.

Helpful

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Laurie#67

5.0 out of 5 stars [Great book](#)

November 8, 2019

[Format: Kindle Edition](#)

This book is packed with information, it has been very helpful.

Helpful

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Showing 21-30 of 30 reviews



Chras

5.0 out of 5 stars [Good job](#)

November 6, 2019

[Format: Kindle Edition](#)

It was good learn. Thank you Author!

Helpful

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Jacqueline A. D

5.0 out of 5 stars [helpful book](#)

November 6, 2019

[Format: Kindle Edition](#)

Good help I like it.

Helpful

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Mst

5.0 out of 5 stars Good book!

November 6, 2019

[Format: Kindle Edition](#)

The melatonin production tells your body that it is time to sleep. Melatonin does not induce sleep, but it is up to the individual to understand the body's language (it is time to sleep), and to stay in a quiet and calm darkroom, to relax by suppressing all thoughts of the mind, and to go to bed in an attempt to sleep.

Helpful

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Ali Ghahary

5.0 out of 5 stars VERY USEFUL GUIDE

February 14, 2019

[Format: Kindle Edition](#)

Dr. Rao Konduru, PhD is a patient of mine who has suffered from chronic diabetes for most of his life. He also suffered from uncontrollable obesity, sleep apnea and chronic insomnia for the past 3 to 4 years. He has managed to reverse all of these conditions by taking non-pharmacological and science-based natural measures with great success. He has created 3 how-to user guides/books with regard to how he achieved this, and I recommend these books for anyone suffering from these conditions.

Sincerely,
Dr. Ali Ghahary, MD

Helpful

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Paula Edward

5.0 out of 5 stars Wow!

November 6, 2019

[Format: Kindle Edition](#)

Wow! It was looking for good data about insomnia. Every step easy to discuss this book. I feel better and sleeping like a baby.

Helpful

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Tim Harris

[5.0 out of 5 stars](#) An interesting book.

November 6, 2019

[Format: Kindle Edition](#)

An interesting book. It was explain everything in this about insomnia. Highly recommend.

Helpful

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Yehuda Payten

[5.0 out of 5 stars](#) The instant guide...===

November 10, 2019

[Format: Kindle Edition](#)

This book is written all about success. The master biological clock located in the brain of every human being coordinates all the body clocks so that they are in synch. Each body clock has its own function. The master biological clock is made up of a group of about 20,000 nerve cells in the brain called suprachiasmatic nucleus (SCN) and is located in the hypothalamus, just above the optic nerve, and its major function is to control circadian rhythms. Sunlight, by passing through the retinas of our eyes, enters the hypothalamus and tells the master biological clock the time of the day. The intensity of the sunlight is highly responsible for the production of serotonin that induces the feeling of joy. Moonlight and the intensity of darkness signal the master biological clock, and in turn the pineal gland, that it is nighttime and it is the time to secrete melatonin.

Helpful

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Yuliana Davon

[5.0 out of 5 stars](#) Reversing Insomnia...

November 10, 2019

[Format: Kindle Edition](#)

This has a lot of good information. It's easy to read, understand.

Helpful

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Shane

[5.0 out of 5 stars](#) [Awesome book](#)

November 10, 2019

[Format: Kindle Edition](#)

This book is an instant guide to sleeping like a baby tonight. Easy to understand.

Helpful

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Sheila Jones-Bell

[5.0 out of 5 stars](#) [Good](#)

November 10, 2019

[Format: Kindle Edition](#)

He's happy an easy temperament and gaining weight appropriately For every month and having the property soloed diapers and oz a day. I totally recommend this book.. Easy reading worked like a charm!!!

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James Elliott

[5.0 out of 5 stars](#) [Five Stars](#)

November 8, 2019

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As a mother of young children myself I identified with the character of the mother. I always feel busy and too often try to rush through the little things that won't long before my babies have grown up and left the nest. I recommend this book to mothers and fathers everywhere!

Helpful

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