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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



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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.



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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.

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Sea salt

5.0 out of 5 stars [This Natural Method Works!](#)
Reviewed in the United States on April 26, 2020
[Verified Purchase](#)

This book is designed to teach you how the Mater Biological Clock located in the brain works, and how the melatonin is naturally secreted from the pineal gland located in the brain. If we can train your brain to reset your Master Biological Clock, the chronic insomnia can be reversed, and you can sleep like a baby afterwards. The author provides "24 easy-to-follow instructions" to reset the Master Biological Clock. You need to just read them and practice them. I recommend this fantastic guide to "All Naturopathic Doctors" who should read this book, and prescribe this natural method to their insomnia patients, and should ask them to practice this natural treatment to become free from insomnia without ever taking any sleeping pills.

DURING THE DAY: We essentially live under the Sunlight or under bright lights.
DURING THE NIGHT: We essentially live in the pitch-black darkness (be very strict!).

Everybody makes his/her own hours for the day and for the night so that everybody would have his/her own schedule. If you live like that, within a few days, your Master Biological Clock will be reset, and you will be sleeping like a baby thereafter. However you must read and understand all 24 instructions explained in Chapter 1. The more sincerely and seriously you implement these 24 instructions, the better the results would be.

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Top International Reviews

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Jack mckeever

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.

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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

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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 sleep specialists and more importantly sleeping pills are unnecessary.

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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!

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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.

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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.

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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.

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