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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 many 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



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

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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.



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

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Top Review s

Top Reviews



Anamaría Aguirre Chourio

5.0 out of 5 stars No-Nonsense Insomnia Treatment!

Reviewed in the United States on March 9, 2020

Verified Purchase

After reading the very impressive books "(i) Drinking Water Guide, (ii) Permanent Diabetes Control, (iii) The Secret to Controlling Type 2 Diabetes" authored by Dr. RK, I decided to purchase and read his "Reversing Insomnia" book as well.

PERFECTLY NATURAL 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 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).

Living in the pitch-black darkness during the night after 7 pm is of utmost importance during the insomnia treatment until the chronic insomnia is completely reversed and until you are free. Going out and exposing to street bright lights is 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 book contains a natural insomnia self-treatment method, which is very practical and it works. All naturopathic doctors will 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. I am sure it will work for anybody as long as the person follows all 24 Do-It-Yourself instructions at least for a few days.

Helpful

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

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Deanna Maio

5.0 out of 5 stars **Awesome Insomnia Course That Is Fully Natural!**

Reviewed in the United States on August 30, 2020

Verified Purchase

This insomnia course made perfect sense to me as I was able to reverse my chronic insomnia in a few days by reading through chapter 1.

Common sense tells us that we must perfectly be awake during the day, and perfectly be asleep during the night. That was the reason why our planet Earth by rotating on its own axis every day (24 hours) and by revolving around the Sun in 365 days (1 year) creates day and night (12 hours for the day and 12 hours for the night).

During the day we are supposed to be perfectly awake and work hard under the sunlight, and during the night we are supposed to rest and sleep under the moonlight in the dark. The Master Biological Clock located in our brains is designed in such a way that it works perfectly well when we live under the Sun or bright lights during the day, and rest and sleep during the night by staying in the dark.

But the modern technology created electricity and everything changed. People started abusing the technological advancements by spending a lot of time sitting under artificial bright light. This kind of activity tricks your body's biological clock into living a perpetual noon, mimicking the bright sunlight. Therefore the pineal gland located in your brain fails to secrete natural melatonin. As a result, a person develops circadian rhythm disorder. This is the reason why some people fall asleep during the day and stay awake in the night, and feel the symptoms of underlying sleep disorder called "Chronic Insomnia".

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Sea salt

5.0 out of 5 stars [Helpful](#)

Reviewed in the United States on March 8, 2020

Verified Purchase

This book REVERSING INSOMNIA teaches how the Master 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 reset the Master Biological Clock, the chronic insomnia can be reversed, and we can sleep like a baby afterwards. The author provides 24 easy-to-follow instructions to reset the Master Biological Clock.

I recommend this fantastic guide REVERSING INSOMNIA 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 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 of this book, and put those instructions into practice to become free from chronic insomnia.

Helpful

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

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Donald Vosag

5.0 out of 5 stars [The Instant Guide To Sleeping Like A Baby Tonight](#)

Reviewed in the United States on November 9, 2019

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

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

One person found this helpful

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Apu mittra

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

Reviewed in the United States on November 9, 2019

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

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

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Sheila Jones-Bell

5.0 out of 5 stars [Good](#)

Reviewed in the United States on November 10, 2019

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!!!

Helpful

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

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Ali Ghahary

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

Reviewed in the United States on February 14, 2019

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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Top International Reviews

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Daniele D'Alessio

5.0 out of 5 stars **INSOMNIA TREATMENT IS EXPLAINED IN ONE PAGE!**

Reviewed in the United Kingdom on August 24, 2020

Verified Purchase

CHRONIC INSOMNIA NATURAL TREATMENT IS SUMMARIZED IN ONE PAGE ONLY (Page 10 of the Book). You don't need to read the whole book to understand how to reverse chronic insomnia. By following these simple instructions provided in one page only, you can easily reverse your insomnia.

I had amazing experience with this book. It is completely a natural method, as we don't need to take any kind sleeping pills or OTC (over-the-counter) sleep remedies or sleep aids. In fact this book warns that we must not use sleep aids or prescription sleeping pills, and should reverse chronic insomnia naturally by understanding how the mater biological clock works, and by learning how to reset the Master Biological Clock. If you can reset the Master Biological Clock, you will be free from insomnia.

A person suffering from chronic insomnia can reset his/her Master Biological Clock in one day, in a few days, in a week, or in a month depending on how chronic the developed insomnia is, and how committed a person is to implement the treatment procedure. Each person is different so each person needs unique period of recovery time to re-programs his/her Master Biological Clock. We need to try it seriously by focusing on the natural method, without breaking any rule, and fully committed. High-self discipline and high willpower are required during this treatment period to achieve successful results (at least during the first week). If you understand all instructions and learn how to implement all instructions in this natural treatment, you will be free of insomnia, and start sleeping like a baby tonight. You should try it out! Please don't live like an insomniac by being addicted to sleeping pills!

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Jack mckeever

5.0 out of 5 stars Middle-of-the-Night Insomnia Cure Outlined!

Reviewed in the United Kingdom on March 2, 2020

Verified Purchase

I was indeed fascinated by this book’s extraordinary contents and teachings on reversing insomnia. 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, 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).

MY RECOMMENDATION: If you are suffering from middle-of-the night insomnia, refer to the main article of this course and 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.

Helpful

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

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Healthy Promotions

5.0 out of 5 stars **Natural Self-Treatment to Cure Insomnia!**

Reviewed in India on March 3, 2020

Verified Purchase

The author of this book Rao Konduru, PhD (also called Dr. RK) has published multiple health books, and I was very pleased to read some of them. I was extremely impressed by his books "Permanent Diabetes Control" and "The Secret to Controlling Type 2 Diabetes."

REVERSING INSOMNIA book helped me reverse my chronic insomnia naturally within a week, and now I sleep very well without any difficulty. By following the 24 instructions described in Chapter 1, I was able to reverse my sleeplessness. It works exactly as explained in the book if you follow sincerely and seriously. The master biological clock was reset within a week naturally, and my melatonin secretion from pineal gland normalized, and so I started sleeping well. I found that this book is very helpful, very interesting and very useful! The first Chapter is amazing!

I CITE SOME INTERESTING INFO I FOUND IN THIS BOOK (CHAPTER 7): Research proved that caffeine disrupts sleep so you wake up in the morning tired, dissatisfied with your sleep and tend to take naps in the afternoon. You will be tempted to consume another cup of coffee late in the afternoon as you feel drowsy due to lack of sleep the previous night. This vicious cycle continues like a chain reaction. That means you are addicted to caffeine and not sleeping well.

It was also proved in sleep labs that caffeine reduces REM sleep (Rapid Eye Movement). This means less dreams, less chance for recharging your mind. As a result, you become depressed. Caffeine also reduces or eliminates the deepest sleep possible in alpha and delta stages of sleep. This means less chance for recharging your body, less recovery from physical stress, less benefit from exercise, and less HGH (Human Growth Hormone) release.

This book provides several caffeine alternatives, including Organic Rooibos Red Tea, which is my favorite alternative for coffee drinking habit. This book also shows how to make herbal milk tea or chai using Organic Rooibos Tea and Cardamom, which is my favorite drink in the morning, afternoon and evening. I love this very interesting insomnia book!

Helpful

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Wellness Books

5.0 out of 5 stars **Effortless Sleep Method & Natural Insomnia Cure!**

Reviewed in Canada on March 4, 2020

Verified Purchase

I recommend this "REVERSING INSOMNIA" book to all people suffering from 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 three well-written and well-organized books "Reversing Obesity, Reversing Sleep Apnea, and Reversing Insomnia." These books are extremely useful to medical community. All contents are directly applicable to my own health problems I have been facing for years, and extremely useful. I am now using his books and am sure these books will help me controlling my weight gain, my mild sleep apnea and help cure my insomnia (sleeplessness) as well. I offer my hearty congratulations to the author Dr. RK.

Helpful

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rohit joshi

5.0 out of 5 stars **Real Insomnia Cure Is At Your Fingertips!**

Reviewed in India on March 4, 2020

Verified Purchase

I have been living with insomnia for a long time, and those sleeping pills are not at all helping me. My body created resistance to sleeping pills, and they stopped working. I may have to increase the dosage of sleeping pills in order to make them work, but it would be dangerous to do so, as this book suggests.

This effortless sleep method and natural self-treatment explained nicely in the book "Reversing Insomnia" is very easy to practice, and it works like a miracle right from the first day. All I needed was Chapter 1 to reverse my insomnia. I read Chapter 1, I did not even read the whole book, and I started seeing results immediately.

The weather where I live is very hot, and I can easily expose to sunshine during the day as explained in this book, which has helped boost my sleep at night. I have maintained darkness at my home easily by turning off all the lights. I just used my torch light to move within my small house. Voila, everything worked like a miracle as explained in this book when I started living in pitch-black room. I started yawning and was tempted to go to bed early. I slept on my side as this book suggests, and woke up in the morning fully refreshed.

I am so grateful for all those 24 instructions detailed in Chapter 1, and very useful information outlined in the other chapters. Every chapter has interesting information. All that information about caffeine control in Chapter 7 will also be very useful to me. I genuinely recommend this book to whoever suffers from chronic insomnia. This natural method works, just try it out!

Helpful

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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

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February 14, 2019

Format: Kindle Edition

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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

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

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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

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

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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

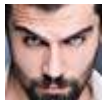
Format: Kindle Edition

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

[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.

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

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

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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

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

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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

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

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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

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

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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

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

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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

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

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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

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

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AMAZAN 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

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

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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

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

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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

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

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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

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

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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

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

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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

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

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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

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

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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

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

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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

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

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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

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

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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!!!

Helpful

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

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James Elliott

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

November 8, 2019

[Format: Kindle Edition](#)

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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