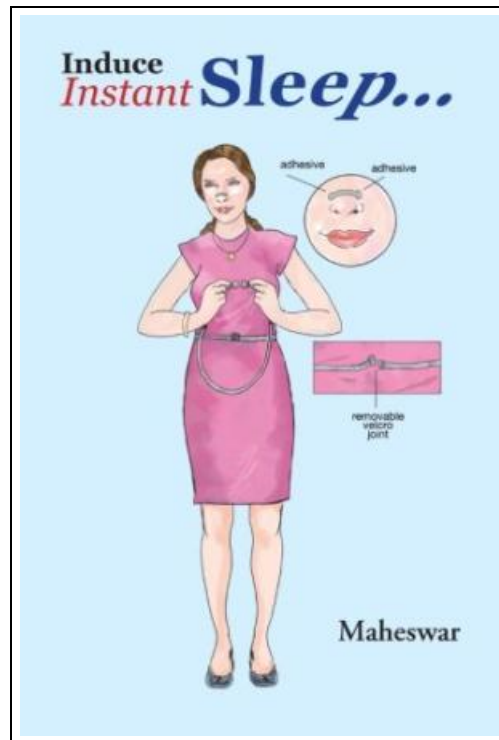


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 222 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. The ability to breathe, eat, and sleep comes with birth and is essential to sustain life. Thus sleep is essential for the survival of life. Brain is the control center of the body and the survival of a life depends on a properly functioning brain. It requires a sleep of about 8-hours in a 24-hour day-night cycle. The sleep-problems play a key-role in a large number of brain disorders. A lack of sleep causes the brains emotional centers to dramatically overreact. . . (with) psychiatric disorders. . . (and) fractures the brain mechanisms that regulate key aspects of mental health. . . and, sleep appears to restore emotional brains circuits Harvard Medical School. The sleep problems occur in almost all people with mental disorders or depression. The drugs that are available to aid sleep can cause side effects. The sleeping pills use may cause injury to heart besides shortening life and causing cancer Dr. Kripke, Scripps Clinic, US. Scientists are trying to find a way to implant a new light switch in the brain for treating mental-disorder(s) and/or to control sleep-wake state of the brain. They are unable to locate and repair the light switch in the brainstem that doesn't work properly. The method discussed in this book can repair the light switch in the brainstem and make it work without an implant or use of drugs. The method to induce instant sleep describes a simple process that will help activate the brain to produce melatonin and invite sleep, and produce serotonin to make the brain fall asleep at any time day or night when a person wants to sleep. This process doesn't require the user to take sleeping pills or drugs...

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