

# Insomnia Solutions

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## Synopsis

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inLanguage	english

This book puts insomnia to rest by using a holistic approach that leads to a restorative, peaceful slumber—no prescription needed!

It is the ultimate guide for individuals suffering from insomnia, as it combines a holistic mind-body-soul approach that blends cognitive behavioral therapy (CBT), diet, nutrition, and prayers for peaceful and rejuvenating sleep. It offers practical solutions and actionable steps to address underlying stressors and issues that contribute to sleepless nights. It includes helpful tips on improving sleep hygiene, relaxation techniques, dietary changes, and even spiritual practices.

## Reader's comments

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