



NEWSLETTER

→ Neurology Sleep Centre

ONE-STOP SOLUTION FOR ALL THE PATIENTS SUFFERING FROM NEUROLOGICAL AND SLEEP-RELATED DISORDERS !

The Neurology and Sleep Centre, founded in May 2008 by Dr. Manvir Bhatia in Hauz Khas, New Delhi India, specialises in neurological and sleep disorders, offering consultations, electrophysiological tests, sleep studies, and PAP device expertise.

CORE SERVICES

- Consultations
- Neurological Tests-(EEG, NCV, EMG, VEP, BEAR, RNST)
- Sleep Studies (Complete Diagnostic with Titration)
- Home Sleep Screening Test PAP Devices
- Training & Education

WHY CHOOSE US

- A multi-tier team to ensure the patient gets full comfort and the overall journey is fruitful
- Our Team comprises well-trained certified staff.
- All investigations are tailored according to the diagnosis. reports are reviewed by an expert.
- We have successfully managed more than 10k plus patients with sleep and neurological disorders.

About the Founder



Dr. Manvir Bhatia, a seasoned medical professional with more than 30 years of experience, is a distinguished Senior Neurologist and Sleep Specialist. She holds an MD in Medicine and a DM in Neurology and is a pioneer in Neurophysiology and Sleep Medicine in India. Dr. Bhatia has tirelessly promoted awareness about sleep disorders through community programs and over a decade of celebrating World Sleep Day. She has been featured in numerous TV and print interviews, highlighting the importance of sleep.

Her illustrious career includes roles such as Additional Professor and In-charge of Neuro-Electrophysiology and Sleep Medicine at AIIMS, Chairperson of Sleep Medicine at Sir Ganga Ram Hospital, and Director of Sleep Medicine at Fortis Escorts Heart Institute, New Delhi

DR. MANVIR BHATIA: PIONEERING SLEEP MEDICINE ACROSS 2024'S KEY CONFERENCES



DECODING DREAMS: INSIGHTS INTO REM SLEEP BEHAVIOR DISORDER AT ICCN 2024, JAKARTA



DR. BHATIA EXPLORES CUTTING-EDGE SLEEP SCIENCE AT APSS SLEEP 2024 IN HOUSTON



**DR. MANVIR BHATIA ILLUMINATES SLEEP SCIENCE
AT NSMC 2024: DECODING SLEEP REPORTS &
TACKLING INSOMNIA**



**HOLISTIC SOLUTIONS FOR OSA: DR. BHATIA
HIGHLIGHTS MULTIDISCIPLINARY MANAGEMENT AT
RAJAPICON 2024**



**DR. BHATIA UNVEILS THE FUTURE: WEARABLES TRANSFORMING SLEEP DISORDER
MANAGEMENT AT IAN 2024**

DR. BHATIA: ADVOCATING SLEEP WELLNESS THROUGH PUBLIC AWARENESS TALKS



DR. BHATIA CHAMPIONS THE POWER OF SLEEP FOR HEALTH AND VITALITY AT GLOBALSPA FIT & FAB AWARDS



DR. BHATIA ADDRESSES THE SILENT THREAT: OBSTRUCTIVE SLEEP APNOEA AT YMCA NEW DELHI

EMPOWERING EXCELLENCE: TRAINING & WORKSHOPS FOR TEAM SKILL ENHANCEMENT



We are dedicated to delivering exceptional patient care and excelling in our roles. A heartfelt thank you goes to the team of Its People. Their strategies have enabled us to optimize resources and establish a clear path toward achieving better outcomes. The training has allowed our team to streamline roles and responsibilities, fostering a deeper understanding of their significance. We are thrilled to witness the NSC team preparing for even greater milestones ahead.

Boosting Excellence: NSC Team Gears Up for Success with Expert Training and Insights

Ensuring Excellence: CPR Training Program Enhances NSC Team's Patient Care Skills

We organized a comprehensive CPR Training Certificate Program to enhance our team's life-saving skills and ensure high-quality patient care. This training reinforced our commitment to safety and prepared our team with the latest techniques to respond effectively in critical situations, improving patient outcomes.



EMPOWERING WOMEN'S HEALTH: EXPLORING HORMONES AND SLEEP DISRUPTIONS ON WORLD SLEEP DAY & WOMEN'S DAY



On March 17, 2024, we hosted a World Sleep Day and Women's Day event at IHC New Delhi themed "Women's Hormones: A Roller Coaster." The program highlighted the link between hormonal changes and sleep disruptions across life stages like menarche, pregnancy, and menopause, often leading to insomnia and affecting cardiovascular health and mood. The event aimed to raise awareness among physicians and obstetricians about the prevalence of sleep issues in women and the need for their clinical attention.

NEW INITIATIVES STARTED BY DR. MANVIR BHATIA IN 2024

REVOLUTIONIZING SLEEP: DR. MANVIR BHATIA AND MR. SHIVEN BHATIA UNVEIL THE WORLD'S FIRST AI-POWERED SLEEP DEVICE, BELUN

Healthcare is constantly evolving, and integrating the latest technologies is key to delivering superior care. Dr. Manvir Bhatia and Mr. Shiven Bhatia, Directors of the Neurology and Sleep Centre, have partnered with BELUNTECH to introduce BELUN, the world's first AI-powered sleep device. Approved by the USFDA and CDSCO, BELUN is a non-invasive, precise, and efficient tool designed to revolutionize the diagnosis and management of sleep disorders.

KEY BENEFITS OF BELUN

- **Non-Invasive & Comfortable:** Provides seamless sleep monitoring without discomfort.
- **AI-Powered Accuracy:** Delivers precise data to enhance diagnoses.
- **Ease of Use:** Simple setup, ideal for both clinical and home use.
- **Affordable:** Cost-effective alternative to traditional studies.
- **High Sensitivity & Specificity:** Matches Level-1 polysomnography with 85-90% reliability.
- **Globally Credible:** Approved by USFDA and CDSCO, ensuring high standards.
- **Time-Efficient:** Offers quicker diagnostics for timely interventions.

PROVEN EFFECTIVENESS AND CREDIBILITY

Between December 2022 and April 2024, the Neurology and Sleep Centre conducted extensive studies with the BELUN device on 192 subjects. The results were remarkable, with an 80% detection rate for sleep apnea, confirming the device's effectiveness in identifying undiagnosed cases. Comparative analyses with Level-1 sleep studies further validated BELUN's high sensitivity and specificity, underscoring its reliability as a screening tool for sleep apnea.

Belun Ring

**WORLD'S FIRST
WEARABLE RING
FOR OBSTRUCTIVE
SLEEP APNEA**



Launched AIRSENSE 11 An advance CPAP Device from Resmed

Features



- 1. Compact Device
- 2. 4G Device
- 3. Touch Screen
- 4. Personal Therapy Assistant
- 5. Test Device
- 6. Care Checking
- 7. My Air
- 8. Bluetooth Connectivity

Connected Care: Supporting Your PAP Journey with Hassle-Free Maintenance and Service

PAP therapy often faces significant drop-out rates, but our Connected Care Package is designed to help users stay consistent with their PAP usage. By providing comprehensive support, we ensure a smoother experience and improved adherence. Our package includes:

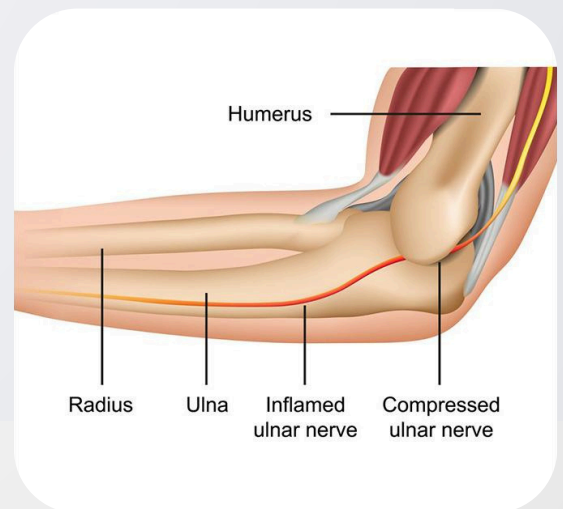
- **Troubleshooting assistance for any issues with the device**
- **Timely reminders for replacing accessories like masks, filters, and tubes**
- **Notifications for regular device servicing**
- **Invitations to our free service camps**

With these features, we aim to make the PAP journey as seamless and effective as possible for every patient.

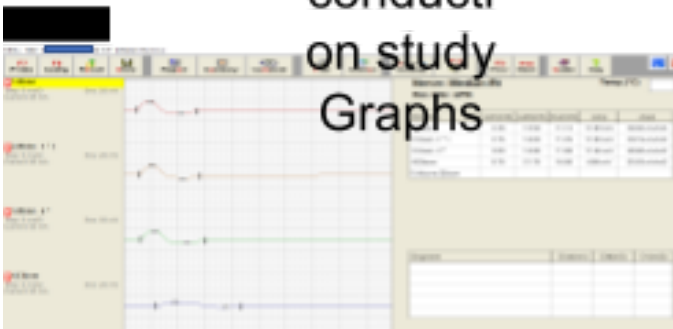
Case Study

Unraveling the Mystery of Tingling: Early Detection of Neuropathy with Nerve Conduction Studies

“Listen to Your Nerves – They Whisper Before They Scream”



❖ Nerve conduction study Graphs



A 33-year-old female presented with persistent tingling in her left foot for 2-3 months and right-hand finger. Despite being in good health and non-diabetic, the sensation gradually intensified.

After considering causes like peripheral neuropathy, carpal tunnel syndrome, ulnar nerve entrapment, and vitamin B12 deficiency, a Nerve Conduction Study (NCS) revealed abnormalities in the posterior tibial, common peroneal, ulnar, and median nerves, suggesting a specific neuropathy.

This case highlights the importance of NCS in diagnosing peripheral nerve issues. Early detection is key, as untreated conditions can impact mobility and hand function. Seek medical advice if you experience similar symptoms to prevent progression

FAQs

Q.1 What is a Nerve Conduction Study?

A Nerve Conduction Study (NCS) is a diagnostic test that measures the speed and strength of electrical signals traveling through the nerves. It helps assess how well the nerves are functioning and is commonly used to diagnose conditions that affect the peripheral nervous system, such as neuropathies, carpal tunnel syndrome, or nerve compression. During the test, small electrodes are placed on the skin over the nerve to be tested, and mild electrical impulses are applied to stimulate the nerve. The response is recorded to evaluate nerve function. NCS is an important tool for identifying nerve damage or dysfunction and determining appropriate treatment.

Q.2 Why to treat Sleep Apnea?

Sleep apnea is a serious condition with potential long-term health consequences, making prompt treatment essential. When left untreated, sleep apnea significantly increases the risk of several diseases:

- 1.Heart Disease: Studies show that 47–83% of individuals with sleep apnea also suffer from cardiovascular conditions. The increased pressure in blood vessels and heart chambers can lead to heart damage, heart failure, and left ventricular diastolic dysfunction, further elevating the risk.
- 2.Stroke: Untreated sleep apnea is linked to a 2–3 times higher risk of stroke due to reduced oxygen levels and increased strain on blood vessels.
- 3.High Blood Pressure: Around 50% of individuals with sleep apnea have hypertension, as the condition triggers repeated surges in blood pressure during sleep.
- 4.Diabetes: Research indicates that over 80% of people with type 2 diabetes also suffer from sleep apnea. Treating the condition has been shown to improve blood sugar control.
- 5.Arrhythmias: Sleep apnea increases the likelihood of abnormal heart rhythms, such as atrial fibrillation, which can disrupt blood flow and elevate the risk of cardiac arrest.
- 6.Headache Syndromes: Chronic sleep apnea can exacerbate conditions like morning headaches and migraines, negatively impacting quality of life.

Additionally, untreated sleep apnea causes daytime drowsiness, contributing to accidents and reduced productivity. Studies reveal that people with sleep apnea are 2.5 times more likely to be involved in motor vehicle accidents.

The most effective treatment for sleep apnea is continuous positive airway pressure (CPAP) therapy. By delivering a steady flow of air through a mask, CPAP keeps the airway open, reduces snoring, and enhances sleep quality. Clinical trials have shown CPAP therapy improves symptoms in over 70% of patients, significantly reducing associated health risks.

Happy Clients



S.S

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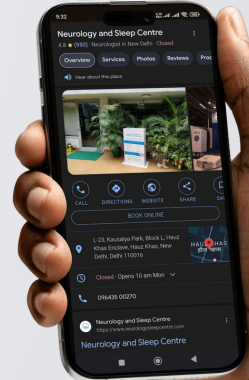
I have been using the Connected Care Package since I started using the CPAP machine. This has helped me in two ways. First, it has helped me track my sleep every month and kept me alert about my sleeping patterns and also see the connections between irregular sleep and what I have done that day and made me more conscious of how I spend my day. I am not saying I have become conservative or fearful - but more conscious - if I have slept well I know why it has happened and vice versa. Second, I know there is data available which can point out some critical flaws that I need to address. And I get feedback on them from the clinic. Since using the CPAP, I have realised how unwell I was due to lack of quality sleep. Rightly said - a good nights sleep is the best medicine and the best way to remain healthy. I wish everyone a good nights sleep.



J.A

★★★★★

I have been suffering from strange sleep apnea disorder for last 4 years where inspite of using a cpap machine for sleep apnea, I don't feel refreshed even after full night sleep and feel sleepy all through out the day. I consulted several doctors in Kolkata. They tried several different treatments for 4 years without any improvement. Finally, I decided to come to Delhi to consult Dr Manvir Bhatia. Per her advise, I just went through the polysomnography test last night. I am extremely pleased with the facility the clinic is maintaining here. In fact, I felt that it is better than the professional private hospital where I did the PSG 4 years back. I would like to convey my special thanks to Mr. Himanshu Sharma, who conducted the test for me. He took time to explain all details of the test and answered all my questions. Then he meticulously prepared me for the test, tested all the sensors before recording data, made me feel comfortable and then started the test. In fact, in the middle of the test, he came in because I was having some breathing issues and he made necessary adjustments. I could complete the test from there on. I hope that this test will finally detect my real issues. Like to thank Poonam ji who have been in constant touch with me before I landed in Delhi, appraising me on how to prepare myself, how to reach the clinic, whom to contact for the test etc. Overall, the entire team is extremely professional and the facilities are top class



UPCOMING EVENTS:



Celebrate World Sleep Day
Join us in making Sleep Health a Priority
Theme- "Sleep Your Way to a Healthier Weight"

Highlights:

- Weight Management
- Diet & Newer Medications

Enjoy Exclusive Discounts on Consultations and Sleep Studies

Block Your Date

Dr. Manvir Bhatia
Senior Neurologist & Sleep Specialist

Sunday
23 March, 2025

10:00 AM
12:00 PM

India International Centre
40, Max Mueller, New Delhi

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**DR. MANVIR BHATIA WILL BE HOSTING-
WORLD SLEEP DAY -23RD MARCH 2025 NEW
DELHI WITH A FOCUS ON WEIGHT
MANAGEMENT AND GOOD SLEEP**



11TH ASIAN SLEEP RESEARCH SOCIETY CONGRESS
8TH ASIAN FORUM ON CHRONOBIOLOGY
February 8 - 9, 2025 | Hotel Andaz, Aerocity, New Delhi, India
Pre-Conference Workshops: February 7, 2025, AIIMS, New Delhi

SCIENTIFIC PROGRAMME
11th ASRS Congress & 8th AFC

MEET OUR ESTEEMED FACULTY

Pre-Conference Workshops

- Sleep and Circadian Clock
- Yoga Nidra
- Technological Advances in Sleep Medicine

For Online Registration
Scan QR Code

www.asrs2025.com
asrsdelhi2025@gmail.com

**DR. MANVIR BHATIA TO HOST THE 11TH
ASIAN SLEEP RESEARCH SOCIETY
CONGRESS AND 8TH ASIAN FORUM ON
CHRONOBIOLOGY IN NEW DELHI**