

NEWSLETTER

NEUROLOGY & SLEEP CENTRE

"one-stop solution for all the patients suffering from neurological and sleep-related disorders !!"

Why Choose Us

- A multi-tier team to ensure the patient gets full comfort and the overall journey is fruitful
- 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.
- A pioneer in Neurophysiology and Sleep Medicine in India
- Has published more than 80 scientific papers in national and international journals
- Actively promotes sleep disorder awareness through community outreach programs
- Has led and supported World Sleep Day initiatives for over a decade
- Served as Additional Professor & In-Charge, Neuro-Electrophysiology and Sleep Medicine at AIIMS
- Former Director of Sleep Medicine at Fortis Escorts Heart Institute, New Delhi

The Neurology and Sleep Centre, founded in May 2008 by Dr. Manvir Bhatia in Hauz Khas, New Delhi India, specializes 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

About the Founder

- Dr. Manvir Bhatia is a renowned medical professional with over 35 years of clinical experience
- A distinguished Senior Neurologist and Sleep Specialist
- Holds an MD in Medicine and DM in Neurology

INTERNATIONAL CONFERENCES



Dr. Manvir Bhatia organised the 11th ASRS Congress and the 8th Asian Forum on Chronobiology, organised by the Indian Society for Sleep Research (ISSR) in New Delhi (February 7–9, 2025), where she delivered an insightful overview of AI-enabled solutions in the OSA care pathway and introduced the BELUN Ring Device.

ADVANCING PEDIATRIC SLEEP CARE | INSIGHTS FROM AOCCN 2025 AT AIIMS NEW DELHI

Dr. Manvir attended and participated in the workshop “Understanding Pediatric Sleep Medicine Armamentarium”, held at AIIMS New Delhi as part of the Asian Oceanian Congress of Child Neurology (AOCCN) 2025 from 16–20 September 2025.



NATIONAL CONFERENCES

SLEEP & NEUROLOGY: INTEGRATING SLEEP ASSESSMENT AS A CORE PILLAR OF BRAIN HEALTH

Dr. Bhatia participated in IAN-CNP-CON 2025, held at AIIMS, New Delhi, from May 23rd to 25th, 2025, emphasizing the critical role of sleep evaluation in neurological practice to enhance diagnostic accuracy, optimize treatment outcomes, and improve overall brain health.



SLEEP & NEUROLOGY: INTEGRATING SLEEP ASSESSMENT AS A CORE PILLAR OF BRAIN HEALTH

Dr. Bhatia was invited to the 5th Biennial KAN Monsoon Summit in Kochi, She had the privilege of co-conducting a hands-on workshop on Polysomnography (PSG), where she discussed PSG fundamentals, practical approaches to data interpretation, and engaged participants in analyzing real sleep studies.



ADVANCING SURGICAL SLEEP MEDICINE | INNOVATIONS & INSIGHTS FROM IASSACON 2025

Dr. Manvir attended the IASSACON 2025 – the 11th National Conference of the Indian Association of Surgeons for Sleep Apnoea, held in Amritsar and graciously hosted by Chikitsa Hospital. Dr. Bhatia shared clinical insights on Excessive Daytime Sleepiness—its causes and management, along with an overview of Restless Leg Syndrome, highlighting their impact on patient quality of life.



STRENGTHENING FOUNDATIONS IN SLEEP MEDICINE | EDUCATION, TECHNOLOGY & CLINICAL INSIGHT

At National Sleep Medicine Course and National Sleep Technology Course, organized by the Indian Society for Sleep Research (ISSR) on 12–13 September 2025 in Goa, Dr. Bhatia contributed to the academic program with two focused sessions on Interpretation of Diagnostic Sleep Reports and Narcolepsy & Idiopathic Hypersomnia: Diagnosis and Management, emphasizing practical approaches to accurate diagnosis and patient-centered care.



NEUROLOGY MEETS SLEEP MEDICINE | EMPOWERING CLINICIANS WITH PSG INSIGHTS AT NAO CONCLAVE 2025

Dr. Bhatia had the privilege of attending and speaking at the 1st Neurology Association of Odisha Conclave (NAO CONCLAVE-2025), held from 19th–21st September, Bhubaneswar. During the conference, Dr. Bhatia delivered a talk on “Polysomnography – What Every Neurologist Should Know,” as part of the scientific program.



SLEEP & NEURODEGENERATION | BRIDGING BRAIN SCIENCE WITH CLINICAL INSIGHT AT IAN 2025

Dr. Bhatia participated in the 32nd Annual Conference of the Indian Academy of Neurology (IAN 2025), held in the sacred city of Kashi (Varanasi) from 29th October to 2nd November 2025. She delivered a talk on “Sleep & Neurodegeneration” during the Sleep & Neurology session.



OPTIMIZING OSA CARE | MULTIDISCIPLINARY STRATEGIES FOR BETTER OUTCOMES

Dr. Bhatia presented a session on the Management of Obstructive Sleep Apnea (OSA) at WSDCON 2025, hosted by Apollo Hospital, New Delhi. The talk focused on a comprehensive, multidisciplinary approach to OSA management, encompassing both PAP and non-PAP therapies, the critical role of selecting the right mask, and practical strategies to enhance CPAP adherence.



SELF LEARNING AND GROWTH

Dr. Manvir Bhatia got the opportunity to be part of the Goldman Sachs 10,000 Women – Accelerate Your Growth Program by ISB in New Delhi (31st May–3rd June 2025).



COMMUNITY WELFARE

SLEEP YOUR WAY TO A HEALTHIER WEIGHT (23RD MARCH 2025)

Dr. Manvir Bhatia led an impactful Patient Forum highlighting the crucial connection between sleep and weight, dispelling common myths around obesity and obstructive sleep apnoea, and emphasizing that airway anatomy—not just weight—plays a key role in OSA.



World Sleep Day 2025



SERVICE CAMPS HAVE BEEN CONDUCTED FOR OUR PAP EVENTS

MEDIA & PRINT INTERVIEWS

SLEEP DIVORCE: PRIORITIZING REST TO PROTECT HEALTH – AND RELATIONSHIPS

In a recent interview with The Economic Times, Dr. Manvir Bhatia shed light on a growing trend—Sleep Divorce.

More and more couples are opting to sleep in separate rooms to preserve sleep quality and well-being. The primary reasons? Loud snoring, disrupted sleep schedules, and late-night work habits.

While it may sound drastic, this step is often taken to improve sleep health and reduce stress in relationships. It's time we start acknowledging the serious impact of poor sleep—not just on individuals, but on relationships too.

Sleep Divorces

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There's also work which spills over into the weekend. Dr. Kantroo says, "There's so much competition and mental stress, blurring boundaries between work and home." Personal life is getting affected too, according to experts, causing what many call "sleep divorces" — couples sleeping in separate rooms for better sleep quality.

Ironically, says Dr N Ramakrishnan, director, Nithra Sleep Clinic, while many tech-savvy professionals use sleep trackers to monitor their sleep, it's causing more stress as they go overboard. "They are constantly looking at numbers."

For many in the corporate world, the entire sleep pattern is very messed up, he says. A large chunk of his patients is in the 35-45 age group. Many also have medical problems from stress and sleep deprivation — BP, diabetes, noncommunicable diseases. "Some of them work in shifts at odd times or across time zones. There are a lot of hormonal imbalances; infertility is common."

Younger people, still at the entry-level, are also coming in, say experts. Their primary stressors are long hours, toxic workplaces, and a lot of time spent on travel.

EXTREME CASES

Sleep deprivation can even lead to extreme reactions, Ramakrishnan says, citing the case of a patient who

threatened to kill himself if he didn't get an immediate appointment. Having barely slept in weeks, he was happier back home in a Tier-2 city while his office still offered work from home post-Covid and returning to Chennai had exposed him to a toxic work environment and workplace bullying.

While it is mostly professionals in their individual capacity who approach such experts, corporates are also inviting them for sessions around the importance of healthy sleep, lifestyle, and counselling. Nithra Sleep Clinic recently conducted such a session for TVS; it has also done similar sessions for TCS, Cognizant, LIC, Saini Gobain and Sterlite Power, says Ramakrishnan.

Sachin Bhatia, CEO of Metro Infrasyms, first went to the Neurology Sleep Centre after suffering from sleep apnea and now says that treatment and lifestyle changes have not only made him sleep better—but also made a huge difference to his quality of his life. "It's made me calmer, more empathetic, sharper."

Dr. Bhatia has since given high-end sleep trackers to 15 members in his core team, and they share sleep scores on a WhatsApp group daily. Anyone who is consistently facing an issue is taken to an expert, and necessary changes made accordingly. "I've been seeing the improvements in my team as well," says Dr. Bhatia.

POST-COVID WORKPLACE STRESS | WHY SLEEP HEALTH IS BECOMING A CORPORATE PRIORITY

In a recent interview with The Economic Times, Dr. Bhatia highlighted a growing trend post-COVID: more employees are actively seeking professional support to address issues like sleep deprivation, poor sleep quality, and insomnia. With the corporate world demanding long working hours and constant deadline pressures, often coupled with job insecurity, new

employees are experiencing heightened stress. Recognizing that sleep is a fundamental pillar of health, many are now prioritizing it and are increasingly open to consulting experts for help.

Yawn of a New Era: Corporate India has a Sleep Problem

A growing number of employees and founders are struggling with lack of sleep; many are seeking professional help

Sreeratha Rao

Hongkong: The pressures of corporate life are making India's top employees lose sleep—literally. A growing number of stressed-out employees, struggling to cope with sleep deprivation, poor sleep quality, and insomnia, are now making a bedtime for sleep experts to get some much-needed shut-eye.

Prolonged working hours, tight deadlines, performance pressures, toxic workplaces, declining job security, return to office for most companies and increased use of digital devices are taking a toll on these executives, with sleep being one of the first casualties.

That in turn, is leaving them perpetually tired, sluggish, unable

to focus and irritable, setting into motion a host of health issues including obesity, diabetes, cardiovascular diseases, forgetfulness and overeating.

A startup founder got in touch with Dr. Manvir Bhatia, director of the Neurology Sleep Centre, New Delhi, when he found himself

losing control very easily at work and bawling out at employees. In his late 30s, the founder had consistently been functioning on 4-5 hours of sleep.

In another instance, a senior banker, constantly travelling, found

himself gapping sleeping pills to grab some shut-eye, which spiralled into an addiction. He reached out for help.

Dr. Bhatia says she now sees three times the number of patients daily than she did pre-Covid. Working hours have increased considerably for corporate employees.

Many are working secondary jobs, too, and fatigue are all going haywire, she says.

"We see chemically sleep-deprived people in their 30s and 40s whose health has gone for a toss. There's weight gain, leading to sleep apnea, which leads to diabetes, high BP, memory loss. It also impacts productivity and work performance and leads to increased absenteeism,"

Dr. Vicky Kantroo, sleep medicine consultant at Apollo Hospitals, Indraprastha, Delhi, says many times, senior corporate professionals have this problem because of a lot of travel, unhealthy food etc.

RESEARCH FINDINGS

58% of Indian corporate professionals reported poor sleep quality. Research?

59% of Indians get less than six hours of uninterrupted sleep daily. Last October survey

Research paper by Dr. Deepak Phular and Sonam Bhatia recently published in the International Journal of Medical and Health Science

CASE STUDY: SACHIN BHATIA

Triggers: Prolonged working hours, performance pressure, toxic workplaces, layoffs and the return to office for most companies

Result: Daytime fatigue, loss of focus, memory and sharpness, slower problem-solving, irritability, absenteeism, more takeovers, lead to obesity, cardiovascular diseases, diabetes, and even infertility

Sleep Divorces ► 7

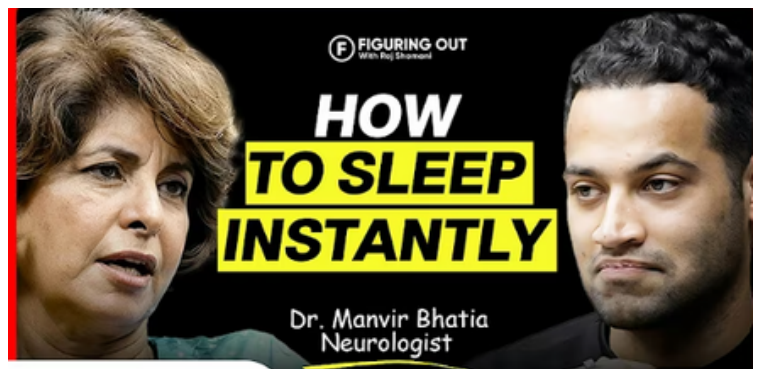
SOCIAL JET LAG IN MIDLIFE WHY CONSISTENT SLEEP TIMING IS CRITICAL FOR BRAIN & HEART HEALTH

In a recent interview with The Times of India, Dr. Manvir Bhatia highlighted the growing concern of social jet lag, particularly in individuals in their late 30s and 40s. She emphasized that persistent sleep disruptions during this phase of life can lead to brain fog, reduced productivity, and an increased risk of hypertension.

Dr. Bhatia stressed that maintaining consistent sleep and wake times is essential for protecting brain health, enhancing daily performance, and preventing long-term health consequences. Prioritizing sleep is no longer optional—it is a necessity for sustained wellbeing and professional efficiency.



DR. BHATIA WAS INVITED BY RAJ SHAMANI WHERE SHE DISCUSSED SLEEP & BRAIN



DR. MANVIR BHATIA WAS INVITED AT PODCAST ORGANISED BY SLEEPWELL

TEAM APPRECIATIONS





NSC TEAM CERTIFIED BY HEALTHCARE SECTOR SKILL COUNCIL (HSSC)



FUN TIME WITH TEAM NSC



DIWALI CELEBRATION



TEAM NSC MANALI TRIP

CASE INVESTIGATIONS

DECODING THE BRAIN'S SIGNALS: EARLY DETECTION OF GENERALIZED EPILEPSY WITH EEG

PATIENT STORY: WHEN 'FAINTING' WASN'T JUST FAINTING

A 17-year-old male first experienced a brief episode during a routine blood test. He suddenly collapsed, with eye-rolling, stiffness of the neck and upper body, and momentary confusion after regaining consciousness.

At first, the episode was dismissed as stress-related fainting.

Nearly a year later, another similar episode occurred — this time after skipping meals and staying awake late at night.

This raised concern and led to a detailed neurological evaluation.

Investigations

EEG (Electroencephalogram): Showed abnormal generalized brain wave activity, suggestive of epilepsy.

Diagnosis

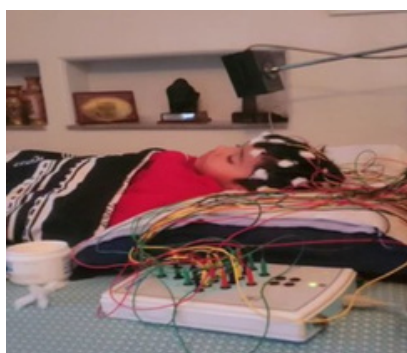
Generalized Epilepsy: Based on repeated episodes, clinical history, and EEG findings, the patient was diagnosed with generalized epilepsy and started on appropriate anti-seizure treatment.

Message for Parents & Teenagers

Epilepsy is manageable.

With timely diagnosis, proper EEG evaluation, medication, and lifestyle care, teenagers can live a normal, active, and seizure-free life.

WHY EEG MATTERS: EEG DOESN'T JUST RECORD BRAIN WAVES — IT REVEALS SILENT WARNINGS BEFORE SEIZURES BECOME SEVERE.



ABNORMAL WAVES SEEN IN EEG TEST - THIS CONFIRMED THE DIAGNOSIS OF EPILEPSY

Follow up with Treatment

Upon checking with the parents, all episodes stopped and child has achieved good scholastic performance.

FAQs

Q. CAN IRREGULAR SLEEP TIMINGS HARM YOUR HEALTH EVEN IF YOU SLEEP ENOUGH HOURS?

Yes. Sleeping at irregular times disrupts the body's internal clock, even if total sleep hours are adequate. This can lead to daytime tiredness, poor concentration, mood changes, weight gain, and a higher risk of diabetes, hypertension, and heart disease. Maintaining consistent sleep and wake times is essential for good sleep quality and overall health.

Q. WHAT ARE COMMON WARNING SIGNS OF A NEUROLOGICAL PROBLEM THAT SHOULD NOT BE IGNORED?

Neurological issues can affect the brain, spinal cord, and nerves. Warning signs to watch for include sudden weakness or numbness in the face, arm, or leg; difficulty speaking or understanding speech; severe headaches; seizures; loss of balance; vision problems; memory issues; and changes in behavior. These symptoms may indicate serious conditions like stroke or nerve disorders, so early medical attention is important.

Happy Clients



Bharat Kaushal

★★★★★

Staff attitude, knowledge and overall experience was special and very comforting. Best place for those who need it



Tarini Barat

★★★★★

Our experience in Dr. Manveer's clinic was smooth - her technicians are very helpful & administer all tests as smoothly as possible.



Nandhini Manickavasagam

★★★★★

My friend had an amazing experience at this Centre...She had been struggling with sleep issues for a long time, resulting in stress, anxiety and various health issues. The sessions here made a real difference. The approach was very calming and personalized, and she finally started sleeping better. Highly recommend for anyone dealing with sleep problems...



जतिन शर्मा

★★★★★

The EEG test centre provided a very good experience. The staff were polite, professional, and explained the procedure clearly, which made me feel comfortable. The test was conducted smoothly and on time, and the overall environment was clean and well-maintained. I am satisfied with the service and would recommend this centre to others.



9th International Sleep Update 2026 Theme: Sleep Medicine Trends



28th February 2026 (Saturday)

&
1st March 2026 (Sunday)

Venue: Pride Plaza Hotel, Aerocity, New Delhi

Conference Highlights

OSA & Metabolic Syndrome
Insomnia and Sleep Health
Hypersomnia and Restless Legs Syndrome
Advance OSA Therapies
Poster Presentation

Organizers



Dr. Manvir Bhatia
MD, DM
Senior Neurologist and
Sleep Specialist,
Vice President ISSR



Dr. Preeti Devnani
MD, FAASM
Board certified-Neurology,
Clinical Neurophysiology
and Sleep Medicine

Conference Secretariat
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Scan QR Code to
visit the Website



Upcoming Events:

9th International Sleep Update 2026 will be hosted by Dr. Manvir Bhatia at Hotel Pride Plaza Aerocity New Delhi, 28th Feb and 1st Mar 2026.



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