

# 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.

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

- 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

## 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.



### 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

#### ► From Page 1

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, Sant Gobain and Sterlite Power, says Ramakrishnan.

Sachin Bhatia, CEO of Metro Infrasys, 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 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

#### 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

##### Sneeradha Basu

**Bengaluru:** The pressures of corporate life are making India's employees lose sleep, healthily.

A growing number of stressed-out employees, struggling to cope with the pressures of work, poor sleep quality and insomnia, are now making a beeline for sleep experts to help them get a better night's sleep.

Prolonged working hours, relentless performance pressure, toxic work culture, and the need to constantly return to the office for most companies are the main reasons digital devices are taking a toll on these executives, with sleep being one of the first things to go.

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

to focus and irrititable, setting into motion a host of health issues including obesity, diabetes, cardiovascular diseases, hypertension, and depression.

A recent study conducted 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 lashing out at employees. In his late 30s, the founder had consistently slept for less than 4-4.5 hours of sleep.

In another instance, a senior executive constantly travelling

lost control of his vehicle and fell off a road. Work hours have increased considerably for corporate employees.

Many are working overtime jobs; food, meal timings are all going haywire, she says.

Dr. Bhatia says she has seen sleep deprived people in their 20s and 30s whose health has gone for a toss.

Work hours have increased

constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

Work hours have increased constantly.

#### SNOOZING STATISTICS

58% of Indian corporate professionals

59% of Indians get less than six hours of sleep daily.

Research paper by Dr Deepak Thakur and Simmy Bansal recently published in the International Journal of Medical and Health Sciences.

Source: LocalCircles survey

to focus and irrititable, setting into motion a host of health issues including obesity, diabetes, cardiovascular diseases, hypertension, and depression.

A recent study conducted 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 lashing out at employees. In his late 30s, the founder had consistently slept for less than 4-4.5 hours of sleep.

In another instance, a senior executive constantly travelling

lost control of his vehicle and fell off a road. Work hours have increased considerably for corporate employees.

Many are working overtime jobs;

food, meal timings are all going

haywire, she says.

Dr. Bhatia says she has seen sleep

deprived people in their 20s and 30s

whose health has gone for a toss.

These people, however, are not

the only ones who are suffering.

Work hours have increased constantly.

</

## 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.



**THE TIMES OF INDIA**

**BODY HAS A MASTER CLOCK**

But first, what is the body clock that a skewed sleep cycle keeps disrupting? "It's a 24-hour rhythm initiated by a centre in the brain, a master clock that controls melatonin levels in all our body parts, in our very cells," explains [sleep neurologist Dr Manvir Bhatia](#), vice-president of Indian Society of Sleep Research. "All these clocks are synchronized to maintain normal metabolism, heart rate and appetite. If you change your sleep and wake times, this system gets thrown off sync, leading to the symptoms at a time when the body is telling us to sleep. Unfortunately, it's become a norm now. We are seeing a big wave of patients," she says.

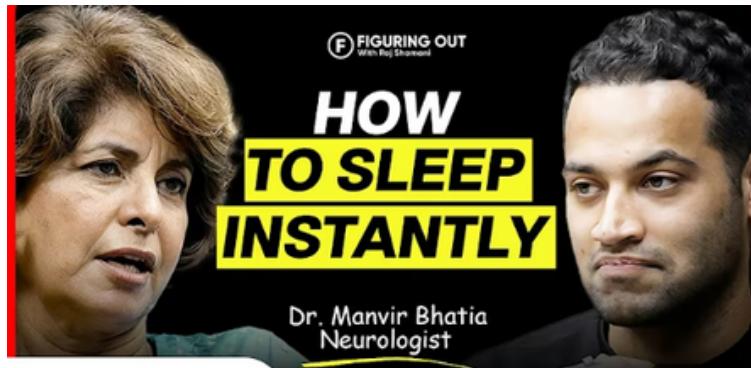
Effects of social jet lag may crop up in as early as 30s and 40s, says [Dr Bhatia](#). "In a 24-hour rhythm, we are social beings. Many young adults turn in late for the night, shuffling and commuting with friends or social media till three or four in the morning, and sleep as late as 6 am on weekends. 'When you're in the mid-30s and working, the body can't take it anymore. Mental sharpness and productivity takes a performance hit. The heart rate, brain and hormones are inverted, having kids, caring for parents and taking on serious responsibilities. As life transforms, you find no time for yourself. Higher the stress, more the need to unplug over the weekend. The result is erratic sleep times. 'But the body doesn't know if it's a weekday or a weekend. So, if you sleep at 5 am on certain days and at 12 am on others, sleep won't come. It will only make you an insomniac,' [Dr Bhatia](#) says.

**WHAT ARE SOCIAL JETLAG SYMPTOMS?**

 Fatigue and headaches in the morning  
 Brain fog, irritability and mood swings  
 Weight gain, insulin sensitivity, hypertension

[www.neurologysleepcentre.com](http://www.neurologysleepcentre.com) | +91-9843500270 | [neurologysleepcentre@gmail.com](mailto:neurologysleepcentre@gmail.com)

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



## DR. MANVIR BHATIA WAS INVITED AT PODCAST ORGANISED BY SLEEPWELL

## TEAM APPRECIATIONS

**Honoring 12 Years of Excellence!**

**Mrs. Poonam Sarita Bata**

Neurology Sleep Centre proudly celebrates Mrs. Poonam Sarita Bata for completing 12 incredible years with us. Your dedication and unwavering commitment have been invaluable.

Congratulations on this well-deserved Excellence Certificate!

[www.neurologysleepcentre.com](http://www.neurologysleepcentre.com) [neurologysleepcentre@gmail.com](mailto:neurologysleepcentre@gmail.com)

**Honoring 15 Years of Dedication!**

**Mrs. Anumol**

With great pride, Neurology Sleep Centre recognizes Mrs. Anumol for her outstanding 15 years of service. Your hard work and passion inspire us every day.

Congratulations on this well-deserved Excellence Certificate!

[www.neurologysleepcentre.com](http://www.neurologysleepcentre.com) [neurologysleepcentre@gmail.com](mailto:neurologysleepcentre@gmail.com)

## 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

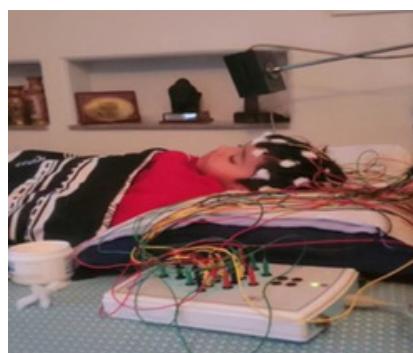
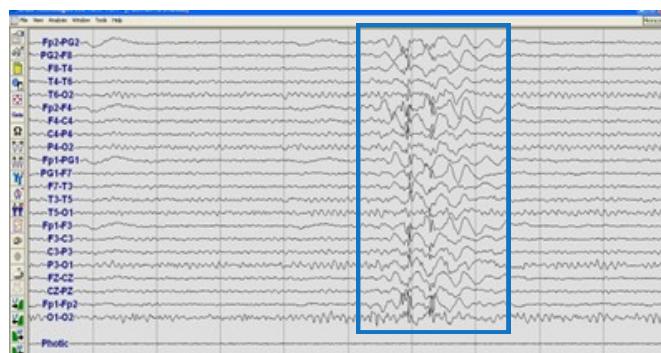
**Generalized Epilepsy:** Based on repeated episodes, clinical history, and EEG findings, the patient was diagnosed with generalized epilepsy and started on appropriate anti-seizure treatment.

#### 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...


**जatin 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.





**9<sup>th</sup> International Sleep Update 2026**  
Theme: Sleep Medicine Trends

**MARK YOUR CALENDAR**

**28<sup>th</sup> February 2026 (Saturday)**  
**1<sup>st</sup> 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:**  
L-23, Hauz Khas Enclave,  
New Delhi - 110016  
E: assm2026delhi@gmail.com

**For details contact:**  
Neumech Events  
M: +91 97172 98182

**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.



## Contact Us:

 91-9643500270

 [neurologysleepcentre@gmail.com](mailto:neurologysleepcentre@gmail.com)

 [www.neurologysleepcentre.com](http://www.neurologysleepcentre.com)

 L-23, Hauz Khas Enclave, New Delhi,  
Delhi-110016 (INDIA)

## Our Social Medias

 [neurologysleepcentre/](https://www.linkedin.com/company/neurologysleepcentre/)

 [neurologyandsleepcentre](https://www.facebook.com/neurologyandsleepcentre)

 [neurology\\_sleepcentre/](https://www.instagram.com/neurology_sleepcentre/)

 [@neurologysleepcentre](https://www.youtube.com/@neurologysleepcentre)



Scan QR For Website