

# DR. SONI SOLUTIONS

The Science of Sequential  
Healing for Brain and Body

Prabhat Soni, MD  
FCCP, DABSM, DABOM, DAAAM, ABAARM

We utilize a combination  
of FDA approved  
medications and well as  
bio-available dietary  
supplements to re-calibrate  
brain and body alignment  
efficaciously.

Our customized protocols  
are supervised by a board  
certified Sleep Medical  
Specialist.

SLEEP & SEX FITNESS  
MEDICAL INSTITUTE  
and more...



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## 8 Board Certifications

Sleep Medicine  
Bariatric / Obesity Medicine  
Anti-Aging / Hormone / Regenerative  
/ Stem Cell Medicine  
Aesthetic and Cosmetic Medicine  
Pain Management  
Pulmonary and Allergy Medicine  
Critical Care  
Internal Medicine  
Assistant Professor at Weil Medical  
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# the SLEEP SOLUTION



SLEEP & SEX FITNESS  
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and more...



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# THE SLEEP SOLUTION

Needing sleep derives from different areas, it could range from emotional fatigue, exhaustion or even just tiredness.

Our protocols focus on sleep and its relationship to:

- Brain functions
- Positive energy
- Circulation and blood oxygen



Sleep comes in 4 stages:

**Stage 1:** Light sleep where you drift in and out of sleep. Eyes move slowly and muscle activity slows down.

**Stage 2:** Eye movement stops and brain waves slow down (growth hormones are secreted) .

**Stage 3 and 4:** REM (Rapid Eye Movement) Breathing becomes rapid, irregular and shallow, and eyes jerk rapidly. Additionally, heart rate increases, blood pressure rises, the body loses some ability to regulate temperature, arousal and dreams happen in these stages. Circulation and oxygen optimization occur and hormones are secreted; Ambien users do not reach REM.

Our protocols also include help with: **Sleep Apnea**, interruption and deprivation and their effects on circulation and blood oxygen **Sleep deprivation** and its impact on **sexual health**.



QUALITY  
SLEEP IS A  
HAPPY-TIRED  
SLEEP.

Ask today  
for a  
customized  
**Solution**  
for help with  
managing  
SLEEP.