

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...



DR SONI
SOLUTIONS

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

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
College-Cornell University

(718) 787-1900
sleeptobeslimnyc.com

the SLEEP **SOLUTION**



SLEEP & SEX FITNESS
MEDICAL INSTITUTE
and more...



DR SONI
SOLUTIONS

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

THE SLEEP SOULUTION

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
Soulution
for help with
managing
SLEEP.