FREE LIVE WEBINAR · 05

Sleep Reset

Good sleep can be learned again, step by step



Bharosa 90-Day Sleep Reset Program

Your host

Dr. Uday Kiran

MBBS, MD Psychiatry · Founder & Chief Consultant Psychiatrist

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Neuro Psychiatry Hospital

Meet Your Doctor

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Neuro Psychiatry Hospital



Dr. Uday Kiran

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MBBS, MD Psychiatry

Osmania Medical College, Hyderabad

Founder & CEO

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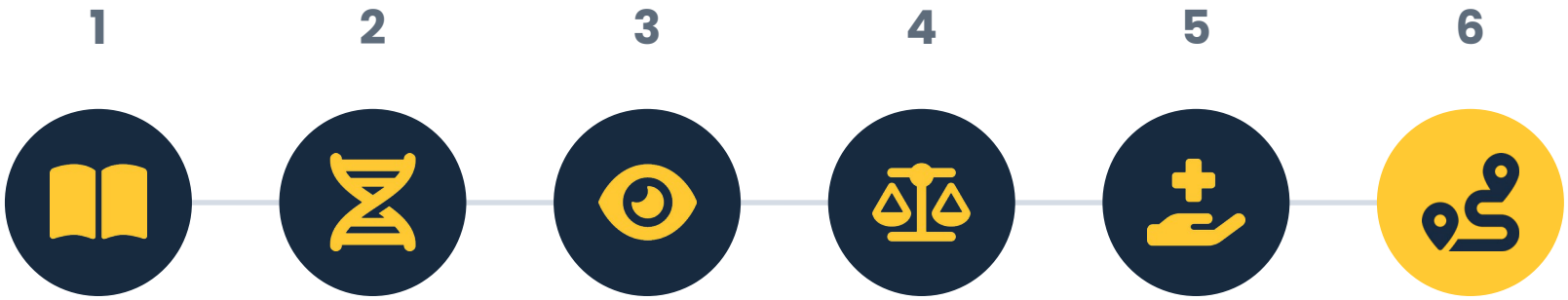
Acute care, emergency psychiatry & rehabilitation

Children to elderly

Care for every age, at four branches

Today's Journey

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Stay till the end: live Q&A with Dr. Uday Kiran and how the Bharosa 90-day program works.

What Are Sleep Problems?

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When sleep is too little, broken or at the wrong time, and the day suffers because of it.



7–9 hours

Most adults need 7 to 9 hours of sleep every night



Sleep has stages

Light sleep, deep sleep and dream sleep repeat all night



A body clock

Light and darkness set the body's 24-hour sleep clock

Sleep Problems in Numbers

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Up to 10%

of adults live with long-term (chronic) insomnia

American Academy of Sleep Medicine, Insomnia fact sheet

11%

of Indian adults have sleep apnea (13% of men)

AIIMS meta-analysis, Sleep Medicine Reviews 2023

2×

higher risk of depression in people with insomnia

Baglioni et al., J Affective Disorders 2011

Who Is Affected?

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Shift workers

Night shifts, BPO jobs, drivers, nurses, security staff



Students & youth

Late-night phones, exam stress, irregular timings



Older adults

Lighter sleep, pain, frequent urination at night

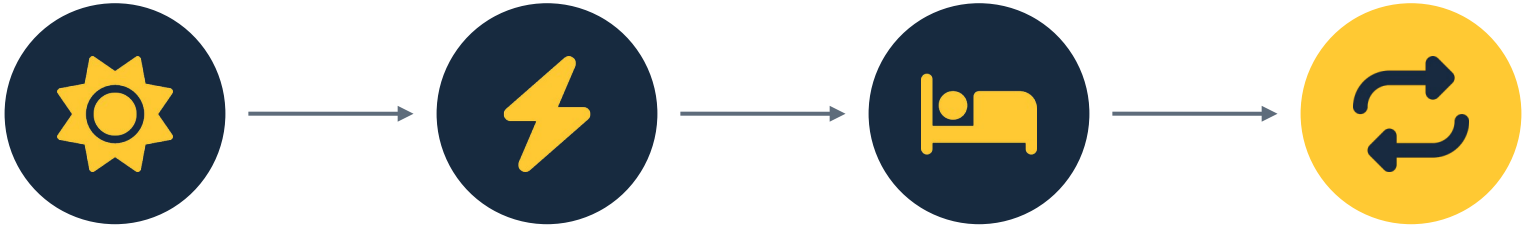


Women

Pregnancy, new motherhood and menopause change sleep

How the Insomnia Cycle Forms

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Body clock

Darkness releases melatonin, the sleep hormone

Brain stays on

Stress keeps the brain on alert

Bed = worry

Bed becomes the place to think, worry and toss

The cycle

Fear of not sleeping itself keeps sleep away

The harder we try to sleep, the more awake the brain becomes. The cycle can be broken.

Common Causes

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Stress & mood

Worry, anxiety and depression



Screens late

Phone and TV light delays the body clock



Shift work

Changing duty timings confuse the clock



Caffeine, alcohol

Caffeine late; alcohol breaks night sleep



Snoring & apnea

Breathing stops many times in sleep



Pain & pills

Body pain; long-term sleeping-pill habit

Early Warning Signs

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Takes long to fall asleep



Wakes at 3 AM, can't sleep



Tired after a full night



Needs more and more tea



Irritable, short temper



Can't sleep without a pill

Signs of a Sleep Disorder

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At night

Families often notice these before the person does



Insomnia

Trouble falling or staying asleep, 3+ nights a week



Loud snoring

Gasping, choking or pauses in breathing in sleep



Restless legs

Crawling feeling in legs, strong urge to move them



Wrong timing

Sleepy only at 3–4 AM, cannot wake for work

How Poor Sleep Shows by Day

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During the day

Poor nights show up as poor days



Low energy

Tired, heavy head, no interest in work



Dozing off

Sleeping while sitting, watching TV or driving



Poor focus

Forgetfulness, mistakes, slow thinking



Mood changes

Irritable, low, anxious or tearful

How Poor Sleep Affects Life

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Body health

Raises risk of BP, diabetes, weight gain



Mind health

Raises risk of depression and anxiety



Accidents

Drowsy driving and work injuries



Family life

Irritability, fights, snoring disturbs partner

> *He snores so loudly that none of us sleep, and in the day he dozes off on his bike.*
>
> — A family member

Myths vs Facts

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MYTH	FACT
A peg of alcohol helps you sleep better.	**Alcohol may knock you out, but it breaks sleep later and worsens snoring.**
Loud snoring means deep, good sleep.	**Loud snoring with pauses can mean sleep apnea, a treatable medical problem.**
Sleeping pills are the only answer.	**CBT-I, a talking therapy for sleep, is the first-line treatment for insomnia.**

See a Doctor Soon If...

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- Breathing stops or gasping in sleep
- Dozing off while driving
- Needs higher pill doses to sleep
- Poor sleep with low mood or hopelessness
- Sleep problem lasting over 3 months

Act today

Don't stop or increase sleeping pills on your own. Book a sleep check-up.

Emergency: 112
Tele-MANAS 14416 (free, 24×7)

How We Diagnose

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01



Detailed talk

Sleep history from the person and the family

02



Sleep diary

Two weeks of bed time, wake time and naps

03



Health check

Mood, pain, thyroid, medicines and habits

04



Sleep study

Overnight test if sleep apnea is suspected

THE GOOD NEWS

Good Sleep Can Return

With the right plan, the body clock resets and nights become peaceful again.

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Pillars of the Sleep Reset

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One team · one plan · every day



CBT-I therapy

Retrains the brain to link bed with sleep



Body clock reset

Fixed wake time, morning light, no late screens



Safe medicines

Careful use and slow taper off sleeping pills



Treat the cause

Depression, anxiety, pain or sleep apnea



Calm body

Yoga, breathing, exercise and good food

Medicines & Therapies

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Medicines (if needed)

- Short-term sleep aids, lowest dose
- Slow taper of long-term sleeping pills
- Treating underlying depression, anxiety
- Apnea: sleep study and CPAP machine

Therapies (first-line)

- CBT-I: the main treatment for insomnia
- Sleep restriction and stimulus control
- Relaxation, breathing and sleep hygiene
- Morning light to reset the body clock

Why 90 Days?

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90 days to reset the body clock

Clock needs time

Weeks of steady routine fix new sleep timing

Pills, slowly

Coming off sleeping pills safely takes weeks, not days

The right setting

Admission or guided day-care, as advised by the doctor

Your 90-Day Roadmap

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Day 1-30 — Understand

- Full assessment and sleep diary
- Treat apnea, pain, mood problems
- Fix wake time, start CBT-I

Day 31-60 — Reset

- Sleep restriction, stimulus control
- Slow taper of sleeping pills
- Daily light, yoga and exercise

Day 61-90 — Sustain

- Stretch sleep time step by step
- Relapse-prevention plan
- Family coaching, home routine

Your Care Team at Bharosa

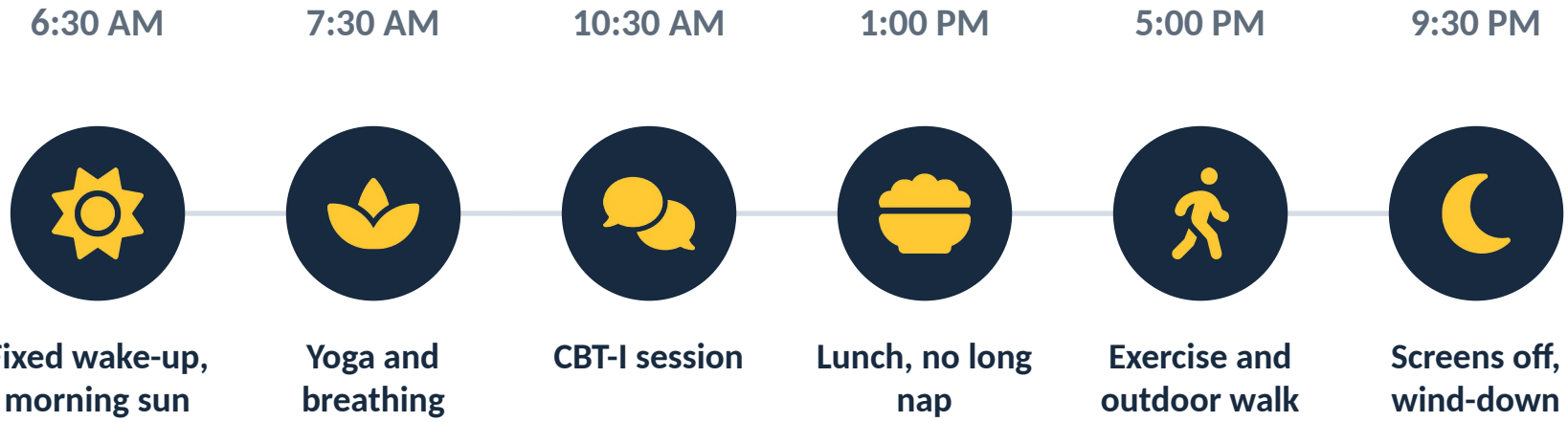
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Every patient in the 90-Day Sleep Reset Program is cared for by:

- **Psychiatrists**
- **Psychologists**
- **General physicians**
- **Dietitians**
- **Yoga trainers**
- **Fitness trainers**
- **Nurses, 24×7**
- **Family counsellors**

A Day in the Sleep Reset

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Therapy every day · fixed wake time · daylight and exercise · pills only if needed

How Families Can Help

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Do

- Keep the home quiet and dark at night
- Support a fixed wake-up time daily
- Note snoring or breathing pauses
- Encourage morning walks together

Avoid

- Don't give your own sleeping pills
- Don't offer alcohol as a sleep aid
- Don't keep TV on late in the bedroom
- Don't call it laziness or drama

Choose Your Nearest Bharosa

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L.B. Nagar

Standard & mid-range care

East Hyderabad



Kothapet

Standard & mid-range care

Close to the city centre



Banjara Hills

Premium private rooms

Privacy and comfort



Achampet

Long-term rehabilitation

Healing close to nature

The same 90-Day Sleep Reset Program and the same care team at every branch.

Take the First Step Today

Join the Bharosa 90-Day Sleep Reset Program

1

Reply 1 on WhatsApp

Our counsellor calls you today

2

Free family assessment

At your nearest branch this week

3

Visit any branch

L.B. Nagar · Kothapet
Banjara Hills · Achampet

Your questions now

Dr. Uday Kiran answers live



Emergency: 112 · Tele-MANAS 14416 (free, 24×7)

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