

Sleep Medicine

Dr Gupta is board certified in sleep medicine, psychiatry and neuropsychiatry. 'Sleep' is our biological need and its lack has due consequences for our emotional and physical health.

Common Sleep Disorders

Two of the most common sleep disorders are **Obstructive Sleep Apnea (OSA)** & **Psychophysiological Insomnia**. Others include RLS, REM Behavior Sleep Disorders (RBD), Parasomnias, Circadian Sleep Disorders



STW Sleep Center offers Unique Services:

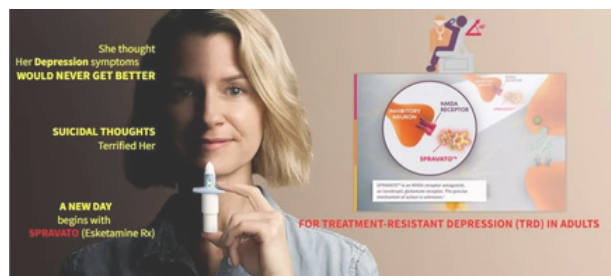
- **4 bed sleep lab** with state of art sleep lab equipment and comfortable sleep environment.
- Comprehensive, all-inclusive personalized care of sleep disorders including: **evaluation, sleep testing (HST or PSG, MSLT), DME & compliance follow-up**
- Remote **monitoring** & day time **follow-up** for compliance, PAP NAP treatment, supplies etc.
- We accept **common medical insurances** (with some exceptions). Deductibles and copays can be very high for sleep studies done in sleep labs affiliated with larger medical institutions.
- **CBT Treatment for Insomnia:** Non medication treatment (CBT-I) approach from psychologists with expertise in behavioral sleep medicine.
- Treatment of comorbid psychiatric disorders associated with sleep disorders: like **Anxiety, Mood and Cognitive Disorders** (often not receiving attention in most sleep centers).
- Expertise in sleep disorders associated with neurological disorders like: **TBI, Epilepsy, PD, MS, stroke and other disorders**.
- **Multidisciplinary** group: Sleep medicine, PhD- Psychologists, ENT, Dentist & Pulmonologist

Ketamine Treatment

Ketamine is a known anesthetic agent but its antidepressant effects were discovered in the early 2000's. **Spravato (Esketamine)** is administered **intranasally** as a spray and received **FDA approval** in recent years. Treatment with ketamine and esketamine requires medical supervision.

Esketamine vs. Ketamine

Ketamine and Spravato (esketamine) both target **NMDA neuroreceptors**, allowing antidepressants to function more effectively by increasing the **brain's plasticity**. While ketamine is administered via IV, esketamine is administered via nasal spray and delivers the same effects in as few as **24-48 hours** as opposed to weeks on IV ketamine therapy.



Details/Requirements for Esketamine Treatment

- Esketamine may be for you if you failed to respond to **two antidepressants**
- Can only be received from "**certified Spravato treatment center**"
- Nasal spray will be administered **under Dr. Gupta's supervision** by trained medical staff in comfortable office setup
- **Vital signs** monitored throughout 2-hour procedure
- You must arrange for **someone to drive you home**
- Typical course has **12 sessions**: 2x/week for first 4 weeks, then 1x/week for 4 weeks. This may be followed by maintenance treatment as per patient requirements

Make an appt with
Dr. Gupta



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Business card



More information
about TMS



Sleep, TMS & Brain Wellness Center



NEUROPSYCHIATRY



TMS



ESKETAMINE



SLEEP MEDICINE



- STW's mission is to offer our patients the **Precision psychiatric treatments** optimized by current technology & **compassionate** caring.
- **State of the Art medical facility** conveniently located in Great Neck, NY
- **Accepts Medical insurance** plans
- Medical Director: **Adarsh K Gupta, MD, FAPM**

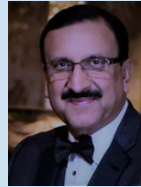
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Neuropsychiatry

Dr Gupta is **quadruple board certified** in *Psychiatry, Psychosomatic medicine, Neuropsychiatry & Sleep Medicine*.

He has academic affiliation and privileges with **LIJ and North Shore University** medical centers. Dr Gupta was an Attending CL Psychiatrist at LIJ medical center for 14 years.



He did his psychiatry **residency training at NYU** and fellowships in **Psychosomatic medicine** (LIJ Medical Center); **Brain Imaging** (Mount Sinai Hospital) and **Neuropsychiatry** (Harvard Medical School).

Dr Gupta is recognized among **"Top Doctors"** by Castle & Connolly for several years.

Neuropsychiatry Services:

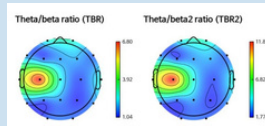
- **Comprehensive Neuropsychiatric** Consultation.
- **Psychopharmacology** expertise in use of Psychotropic medications
- **Pharmacogenetic testing** to improve treatment outcomes in difficult to treat disorders.



- Neuropsychological testing by computerized **CNS testing** and neurobehavioral exam

CNS
Vital Signs

- **EEG & Q EEG** testing in neuropsychiatric disorders
- Use of **Neuromodulation** Treatments: TMS
- **Brain Wellness** Treatments



Common Neuropsychiatric Disorders

- **Anxiety** disorders, **OCD**, **PTSD** etc.
- **Mood** disorders : Major depressive disorders, BAD.
- **Attention deficit disorder** & MCI
- **Stress** related conditions affecting medical disorders
- Neuropsychiatric disorders associated with **TBI**, **Epilepsy**, **PD**, **MS**, **Cognitive** impairments etc.

TMS (Transcranial Magnetic Stimulation)

Transcranial Magnetic Stimulation (TMS) is a cutting edge, noninvasive therapy that stimulates areas of the brain involved in mood regulation. Dr. Gupta is member of Clinical TMS Society and has expertise in neuropsychiatry. He directly supervises TMS treatments.

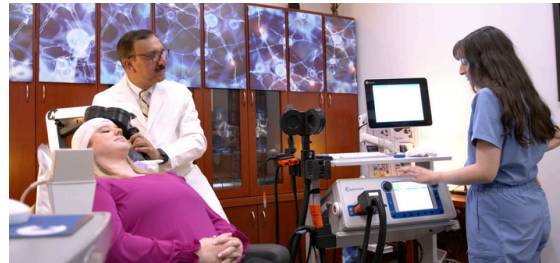
Safe and Effective: FDA approved for treatment resistant depression; unlike ECT, does not cause memory impairment.

Long Lasting Symptom Relief: 68% of participants still maintain the benefits after 1 year

Medication Free: Precise, medication-free, outpatient Rx.

Non-Invasive: It is office based treatment; you are awake and alert during treatment & may resume normal activities afterwards.

No Side Effects: No side effects as experienced with antidepressants. Some people may feel discomfort or mild pain around the treatment area for a short duration.



Enhanced TMS Therapy Experience at Our Center

- **Weekly evaluation by Dr. Gupta** to optimize TMS benefits
- TMS Rx by **compassionate and well-trained techs** in therapeutic milieu for pleasant therapy experience
- TMS integration with psychotherapy: patient-specific, positive psychology, and use of **Rejoyn App**
- Promote **wellness factors**: Increase emotional resilience
- **Behavioral activation therapy**: weekly personal goals setting to increase productivity in near future

**TMS treatment is covered
by most medical insurance plans.**



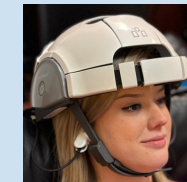
Advances in TMS Therapy

TMS was first **FDA approved** in the US in 2008. Since then, the neuromodulation field has seen progressive advancement in technology and TMS protocols. The initial 37 min protocols are now reduced to **19 min** and **3 min (theta burst)** with similar efficacy. Other major advances available at our facility include:

- **MRI-based Precision TMS Treatment:** The **"Atlas Neuro Navigation System"** uses each patient's unique MRI data set to accurately and efficiently **optimize TMS coil positioning**.



- **qEEG:** A qEEG uses **non-invasive brain mapping** technology to measure the brain's surface electrical activity. Dr Gupta uses this technology offered by 'iMediSync' to use qEEG guided TMS for optimizing the benefits.



- **Accelerated TMS:** There is an increasing effort to offer TMS treatment in just **a few days**, rather than 2 months. Stanford University published research where patients with depression were treated in just 5 days with 10 sessions each day and a **90% response rate**. This protocol was **FDA approved** a year ago, but has yet to be approved by insurance plans (5 days TMS treatment is available on a self pay basis).
- **TMS + Neuroplasticity Drugs:** Recent research claims to have over 90% efficacy for depression and OCD treatment by giving 20 TMS sessions in 1-2 days, (3 min sessions, 30 minutes apart) along with use of neuroplasticogens (medication that enhances neuroplasticity). Treatment offered on self pay basis.
- **Expanding Treatment Indications:** Besides MDD, TMS has been FDA approved for treatment of **anxiety, OCD, PTSD**, and **smoking** and **substance** disorders. It also has off-label use for treatment of tinnitus, migraine, pain & chronic fatigue stroke rehabilitation, autism, and various neurological d/o.