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WHAT ARE THE BENEFITS OF THIS PROGRAM?

- Improved quality of sleep
- Better focus
- Energized mind
- Restored sleeping pattern
- Improved balance
- Increased productivity

KEY POINTS TO CONSIDER

- Avoid caffeine & alcohol
- Develop a sleep schedule
- Reduce stress
- Practice healthy eating



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Sleep
WELL
PROGRAM

SLEEP DEPRIVATION

Sleep deprivation is rapidly becoming a public health issue in the United States. Around 50-70 million adults are suffering from some form of a sleep disorder.

25 million adults in the U.S. have obstructive sleep apnea.

75 to 90% of insomnia sufferers have an increased risk of medical disorders such as hypoxemia, GSD and pain.

POSSIBLE CAUSES OF SLEEP DEPRIVATION

- ☹ Pain
- ☹ Poor diet
- ☹ Poor sleep habits
- ☹ Lack of physical exercise
- ☹ Depression
- ☹ Restless legs syndrome
- ☹ Sleep apnea

CONSEQUENCES OF PERSISTENT SLEEP DEPRIVATION

Fatigue, irritability, and a lack of concentration are all typical side effects of sleeplessness. After several sleepless nights, the mental effects begin to get more serious. Here are some aspects of our life, that are **negatively** impacted due to sleep deprivation:

- ☹ Memory
- ☹ Mood
- ☹ Immunity
- ☹ Blood pressure
- ☹ Ability to think and concentrate
- ☹ Balance
- ☹ Hypertension
- ☹ Dyslipidemia
- ☹ Cardiovascular issues
- ☹ Metabolic syndrome
- ☹ Inflammation

Moreover, sleep deprivation puts a person at a greater risk of diabetes, accidental injuries and weight gain.

WHAT IS RMG'S SLEEP WELL PROGRAM?

RMG's Sleep Well program addresses the underlying causes of sleep problems. This program includes a combination of regenerative therapies such as Brain training, IV infusion, Virtual rehabilitation & peptides to not just help you sleep better, but also help improve the quality of sleep enabling you to wake up feeling fresh.

HOW DOES THIS PROGRAM WORK?

Step 1: Comprehensive evaluation

Step 2: Review of assessment results

Step 3: 8 - 10 week personalized plan consists of Brain training sessions, IV infusion, virtual rehabilitation and peptide shots. Furthermore, remote training sessions are optional.

Step 4: Measure to track the progress

Step 5: Reevaluate post program completion

