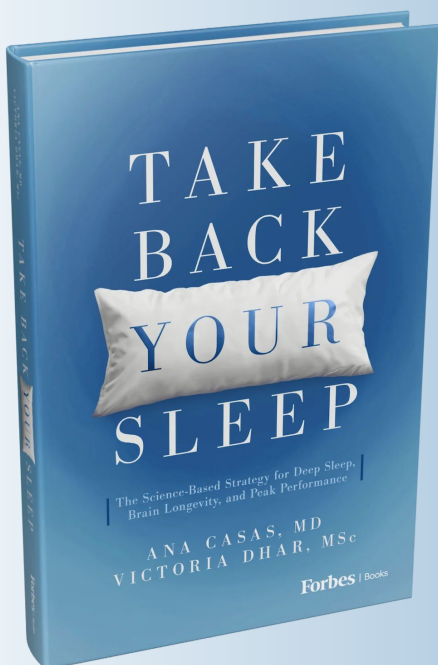


TURNING DEEP SLEEP INTO A STRATEGIC ADVANTAGE FOR BRAIN LONGEVITY

WE HELP PEOPLE SLEEP MORE DEEPLY AND CONSISTENTLY USING APPROACHABLE, NEUROSCIENCE-BASED METHODS THAT NURTURE CLARITY, RESILIENCE, AND LASTING BRAIN HEALTH.

Story Ideas:

- **Your Brain Has a Washing Machine: Why Deep Sleep Is the Only Time the Brain Does Laundry**
- **Alzheimer's Prevention Happens at Night: What the Science Really Shows About Sleep and Brain Aging**
- **Why Modern Life Is Wrecking Our Deep Sleep: 5 Everyday Habits That Keep the Brain's Washing Machine Turned Off**
- **Take Back Sleep as a Family: 5 Simple Shifts That Protect Your Child's Brain for Life**
- **Burnout Isn't a Motivation Problem: Why Most Burnout Is Actually a Deep Sleep Deficit**
- **Memory Loss Starts Before Memory Fails: How Poor Deep Sleep Accelerates Brain Aging**
- **Take Back Your Sleep: 7 Science-Backed Ways to Turn the Brain's Washing Machine Back On**
- **Peak Performance Starts at Night: 5 Things High Achievers Get Wrong About Sleep**
- **Why "Good Enough" Sleep Isn't Good Enough: 3 Signs Your Brain's Washing Machine Never Turns On**
- **The Night Shift Nobody Talks About: 7 Crucial Things Your Brain Is Actually Doing While You're Asleep**



Mother-Daughter Team

Victoria Dhar, MSc and Ana Casas, MD

Ana Casas, MD and Victoria Dhar, MSc are a mother-daughter team blending longevity medicine and neuroscience research to help people reclaim deep sleep and protect brain health. Their science-based approach activates the brain's natural cleaning system to support clarity, resilience, and peak performance.

They created the patent-pending, online program **Waves 4 Longevity®**, which combines neuroscience, EEG insight, and proprietary sound-based brainwave entrainment to train deeper sleep and whole-brain integration. Designed for high-performing individuals, the program helps regulate the nervous system, improve deep sleep, and support long-term brain longevity.

Contact Information:

email: drcasas@anacasasmd.com

phone: 404-210-9969

www.takebacksleep.com



@dranacasas
@victoria_dhar



www.linkedin.com/in/ana-casas-m-d-longevity

Availability: Nationwide by arrangement