

Chêne-Bourg

Centre du sommeil

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My visit

to the sleep medicine center
in Chêne-Bourg



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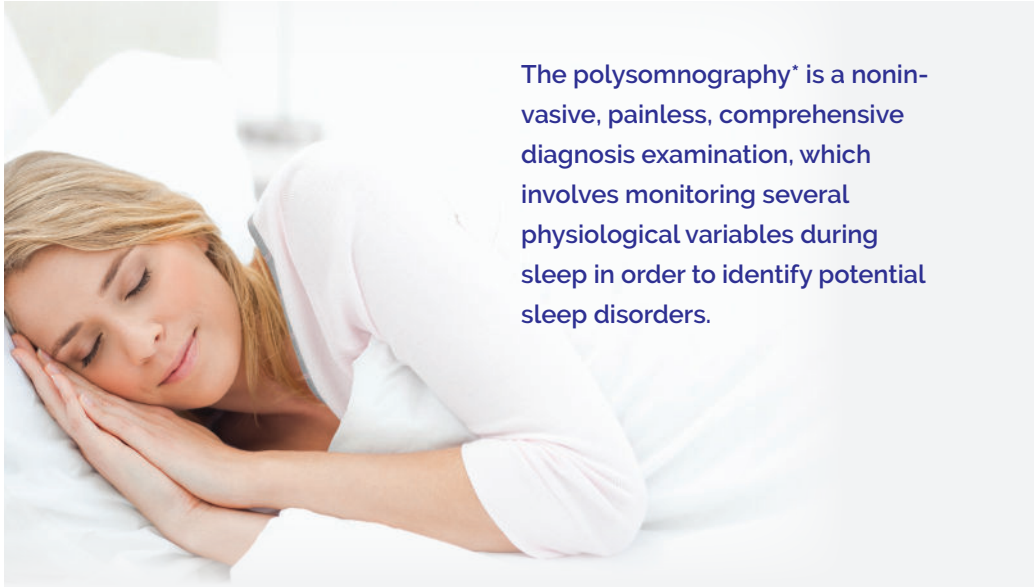
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Polysomnography



The polysomnography* is a non-invasive, painless, comprehensive diagnosis examination, which involves monitoring several physiological variables during sleep in order to identify potential sleep disorders.

**The polysomnographic examination is covered by your health insurance's basic coverage.*

Tips and recommendations before you arrive :







Do not change your usual routines in the days before your visit (bedtime, medications, etc.). Plan to have your meal and shower before coming to the Cenas center, and bring :

- Nightwear
- Toiletries
- Personal medications
- Mandibular advancement device (if you have one)
- CPAP machine (if you have one)
- Insurance card
- Something to keep you occupied (there is no TV in the room)

Important : Allergies and specific dietary requirements must be reported to us upon your arrival so that they can be accommodated.

Monitoring

Your night planning :

-  **Admission**
Arrive at the time indicated by your doctor.
A sleep technician will assist you during your admission.
-  **Questionnaires**
Fill in the questionnaires and administrative information requested.
-  **Dressing for the night**
Installation of test devices and sensors.
-  **Relaxation until 11pm**
After that, reading, mobile phones and computers are not allowed.
-  **Examinations**
Under continuous supervision of the technician.
-  **End of examination and removal of equipment**
Wake up between 6 and 6:30am (except for ad libitum polysomnography). Breakfast at the centre. Release between 7 and 7:30am.

In certain cases, your sleep study night may be followed the next day by a Multiple Sleep Latency Test (MSLT) or a Maintenance of Wakefulness Test (MWT) :

MSLT

The examination will begin at 8:00 AM. A meal will be served at noon. You are scheduled to depart no later than 5:00 PM, after the equipment has been removed.

MWT

The examination will begin at 8:30 AM. A meal will be served at noon. You are scheduled to depart no later than 4:00 PM, after the equipment has been removed.