

**Because sleep is an
essential part of our lives...**



cenas
Médecine du sommeil

Patients are at the heart of our concerns

Welcome to the Cenas sleep medicine centre.

From the outset, the Cenas Centre has sought to be innovative and efficient, but also more welcoming every day to ensure the greatest quality of care in the best possible conditions. The Cenas centre now welcomes you on Geneva's left bank at the Opale Tower in Chêne-Bourg, for your consultations, your diagnostic examinations and the implementation of therapeutic solutions. Our new premises have been carefully thought out to provide maximum comfort and serenity in a completely redesigned environment.

At Cenas, we rely on a comprehensive 360° approach to sleep. Through our innovative partnership with Efficium, a Geneva-based specialist in integrative medicine, we ensure high-quality medical care and provide you with recognised complementary solutions and therapies. A unique approach in Switzerland.

Paul de Belay
Managing Director

Table of contents

| | |
|--------------------------------------|---------|
| Edito..... | p.2 |
| The sleep medicine centre..... | p.4-5 |
| Examinations and therapies..... | p.6 -7 |
| Your stay at the Cenas centre..... | p.8-9 |
| Sleep disorders..... | p.10-11 |
| A 360° approach..... | p.12-13 |
| Address and contact information..... | p.14-15 |



Discover the Cenas sleep medicine centre

Based in Geneva, the Cenas sleep medicine centre has been treating sleep disorders and pathologies since 1989.

Created by sleep medicine specialists, it provides a multidisciplinary approach to sleep disorders and relies on a network of general practitioners, specialists and therapists.



Individual follow-up from diagnosis to treatment

Throughout your stay at the Cenas sleep medicine centre, you benefit from a fully personalised follow-up, starting with a consultation with a medical specialist. They will prescribe examinations, make a diagnosis and provide you with the most suitable therapeutic solution.



Complementary expertise for an effective treatment

To implement comprehensive therapeutic solutions, the Cenas Centre relies on a network of doctors with complementary profiles - some work at the Centre while others have their own practice. Specialities include: general practitioners, pulmonologists, neurologists, psychiatrists, psychologists, nurses and sleep technicians. Furthermore, Cenas works closely with ENT specialists, maxillofacial surgeons and therapists.



Official recognition

The Cenas sleep medicine centre is certified by the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC).

Cenas' strengths

- > **Rigorous follow-up from start to finish** : patient support in sleep disorder management through a 360° approach, from initial diagnosis to the implementation of appropriate examinations, treatment or therapy.
- > **Excellence and scientific innovation** : Cenas provides top-of-the-range quality services by relying on the latest scientific developments in the field of sleep medicine.
- > **Multidisciplinary medical approach** : sleep examinations are subject to agreed interpretation and our network physicians meet in bi-monthly reading committees.
- > **Focus on comfort and quality of service** : we attach utmost importance to our patients' well-being and the quality of care.
- > **Regulated tariffs** : our tariffs system is set based on basic insurance regulations.
- > **CPAP equipment** : Cenas can provide CPAP (Continuous Positive Airway Pressure) equipment and follow-up for the treatment of sleep apnea.



From assessment to therapy, a supervised pathway

Consultations

> When to consult ?

We spend a third of our lives sleeping, and anyone can suffer from a sleep disorder. Specific symptoms such as daytime sleepiness, fatigue, difficulty concentrating, snoring or insomnia should alert you and be reported to your GP. If necessary, your doctor can refer you to the CENAS Sleep Medicine Centre for a specialised consultation to diagnose potential sleep and wakefulness disorders.



Examinations

> Polysomnography

This comprehensive examination records sleep and all its physiological parameters. It can help identify disorders such as sleep apnoea or abnormal movements during sleep. The examination is carried out under constant supervision, and an audio-video recording is used to accurately identify certain disorders.

In some cases, a night-time examination may be necessary, along with several daytime tests to confirm or adjust the diagnosis.

> Daytime tests

Under standardised conditions (no noise, no light, comfortable temperature and lying in bed), we measure how long (latency) it takes for you to fall asleep, in which stage you do fall asleep, and we also measure resistance to falling asleep.

These tests can be used to assess your ability to drive or to perform a specific job.

> Capnometry

Used as a supplement to polysomnography, this test measures your CO2 levels during sleep.

> Oximetry

This test measures your blood oxygen levels and detects any reduction, which is symptomatic of sleep apnea.

> Respiratory polygraphy

The respiratory polygraph looks for specific markers and oxygen levels in the patient's blood during sleep. This exam is useful for confirming an obstructive sleep apnoea diagnosis. Unlike polysomnography, this test is carried out at home.

Therapies

> CPAP (Continuous Positive Airway Pressure) equipment.

CPAP is indicated for the treatment of obstructive sleep apnoea. Once equipped, follow-up is ensured by the Centre's technicians and nurses.

> CBT-I (Cognitive Behavioural Therapy for Insomnia)

This brief form of psychotherapy is used to manage chronic insomnia, and to treat circadian rhythm disorders.

> And also

Other treatments for sleep disorders can be used in combination :

- Pharmacology
- Mandibular advancement splint in collaboration with Hôpital de la Tour
- Sleep nutrition and micronutrition in collaboration with the Efficium Centre
- Mindfulness in collaboration with the Efficium Centre
- Biotuning in collaboration with the Efficium Centre
- Neurofeedback in collaboration with the Efficium Centre
- Light therapy and chronotherapy
- Positional therapy for sleep apnea

To learn more about sleep-related treatments and the therapies we provide, visit www.cenas.ch

A favourable sleep environment

In order to assess your situation with regard to night-time and daytime sleep disorders in the best possible conditions, Cenas attaches utmost importance to your well-being by providing warm and comfortable rooms.

Today, Cenas goes even further by offering rooms with a cosy atmosphere, top-of-the-range bedding as well as discreet and integrated medical equipment.



4 premium individual rooms

- Latest sleep recording technology
- High quality bedding (Swiss brand Elite)
- High-speed Wi-Fi
- Spacious bathroom
- Bath linen included

1 exclusive individual suite

- Latest sleep recording technology
- High quality bedding (Swiss brand Elite)
- Bright veranda
- Lounge area with sofa bed
- Minibar, coffee machine and fruit basket
- Television with cable
- High-speed Wi-Fi
- Spacious bathroom with private toilet
- Bath linen, bathrobe and bath products included

Option : The lounge area can be transformed (upon request to the admissions office) into a sleeping space for the person accompanying you, so you can be with a loved one during your examinations (by prescription only).

Lunch and meals

You will be served breakfast in your room the morning after your examinations.

If a daytime examination is prescribed, you will also be served a meal.





Sleep disorders

Each sleep disorder has its own symptoms, and it is key to be able to recognise them.

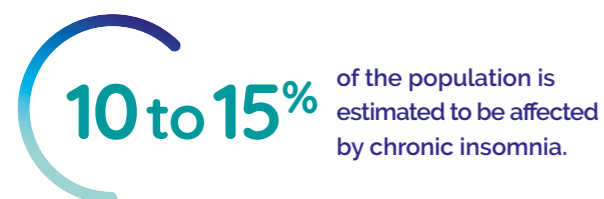
Insomnia

Insomnia is the sleep disorder most frequently encountered in sleep medicine. It relates to a dissatisfying quantity or quality of sleep, with repercussions during the day. A person suffering from insomnia will have difficulty falling asleep, and may feel their sleep is insufficient or non-restorative.

> Symptoms

- > At night : difficulty falling asleep, frequent or prolonged night-time awakenings, waking up too early in the morning.
- > During the day : fatigue, difficulty concentrating and/or reduced performance, sadness, irritability.

> Key figure



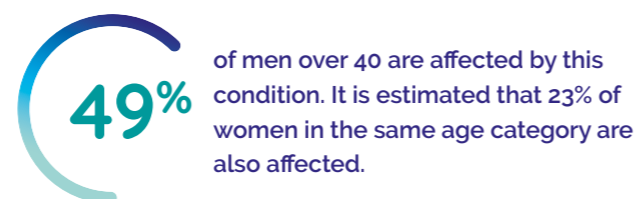
Sleep apnea

Sleep apnea syndrome is an often misunderstood yet common condition. Sleep apnoea is characterised by breathing pauses that last longer than 10 seconds and occur repeatedly during sleep. Given its potential health implications, this disorder must be diagnosed and treated as soon as possible.

> Symptoms

- > At night : loud snoring, pauses in breathing, dry mouth, excessive sweating, urge to urinate.
- > Upon waking : headaches, feeling of non-restorative sleep.
- > During the day : fatigue, sleepiness, lack of concentration, lack of motivation, sadness.

> Key figure



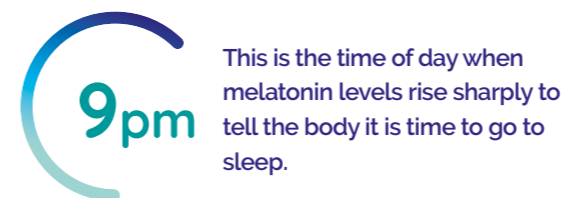
Circadian rhythm disorders

In medicine, the circadian rhythm is a "naturally" occurring rhythm initiated by our internal clock, which "orchestrates" our various biological functions. Its disruption can lead to disorders such as: jet lag, delayed or advanced sleep phase syndrome, irregular rhythm, etc.

> Symptoms

- > At night: difficulty falling asleep and late awakening, sleepiness in the evening with early falling asleep/waking up without being able to go back to sleep, fragmented sleep, etc.
- > During the day: fatigue, sleepiness, lack of concentration, irritability.

> Key figure



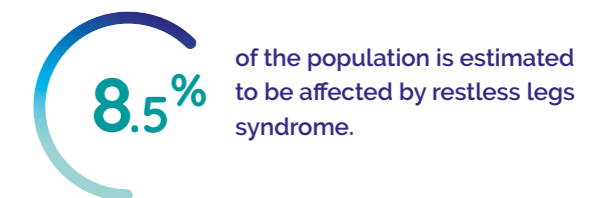
Restless legs syndrome

Restless legs syndrome is a fairly common condition that affects quality of life. Often misunderstood and undertreated, it is characterised by involuntary movements of the legs at bedtime and during the night. This syndrome is also known as « Willis-Ekbom disease ».

> Symptoms

- > During the evening (appears at bedtime): irrepressible need to move the lower limbs, unexplained unpleasant sensations, tingling, electric shocks, etc.

> Key figure



And also

> Parasomnia

Most often observed in children, especially sleepwalking, which affects young subjects from 5 to 12 years old. Parasomnia disorders are only considered as pathologies when they occur at high frequency, or last into adolescence or adulthood.

> Hypersomnia

Idiopathic hypersomnia and narcolepsy are rare diseases characterised by excessive and persistent daytime sleepiness. They have a negative impact on daily life, and can't be explained by sleep deprivation or poor quality sleep.

Cenas closely works with you and Efficium to design a bespoke 360° sleep programme. A unique approach in Switzerland.

For a comprehensive treatment of sleep disorders in Switzerland, Cenas has broadened its field of action to combine quality medical care with complementary solutions and therapies provided by our partner and multidisciplinary expert Efficium.

Depending on your needs and choices, and in agreement with our physicians, Cenas provides you with a wide range of recognised medical and complementary solutions such as micronutrition, hypnosis, mindfulness, EFT and many other specialities. With Cenas, you benefit from a genuine 360° approach to sleep.



Efficium - An expert in integrative health

Efficium, a long-standing partner of Cenas, is known for its multidisciplinary and sustainable care approach to chronic conditions, including sleep disorders. After a comprehensive health assessment, Efficium assesses with the patient the most relevant course of action for them according to their specific needs and objectives, and using a wide range of complementary solutions provided by health professionals.



A unique and 360° overview of your sleep disorders

Through an innovative – and unique in Switzerland – approach, CENAS works with Efficium's experts to build a bespoke and individualised support according to your needs and physicians' advice. This comprehensive health programme combines high-quality medical care with a wide range of complementary solutions to improve quality of life within a perfectly controlled therapeutic framework.



Hypnosis, micro-nutrition, mindfulness meditation, energy balancing (EFT), and more

Depending on the needs identified by physicians, and in accordance with your own choices, your care pathway may involve hypnosis, micro-nutrition, mindfulness meditation, energy balancing (EFT), sound therapy (Biotuning®) and many other specialities recognised by health professionals.



Cenas and Efficium, collaborating for sustainable sleep and health for all

Cenas' ambition is to offer the most respectful integrative approach to sleep in order to optimise the treatment and management of chronic and acute disorders. Our physicians' multidisciplinary expertise is combined with Efficium' extensive experience to provide you with a comprehensive 360° approach, for a targeted response at physiological, psychological and emotional levels.

Visit the centre near you

New premises on the 2nd floor of the Tour Opale in Chêne-Bourg



SLEEP MEDICINE CENTRE
Tour Opale, 2nd floor
Chemin de la Gravière 3 - 1225 Chêne-Bourg

At Hôpital de la Tour
Avenue Jacob-Daniel Maillard 3 - 1217 Meyrin
Tel : +41 22 719 62 60



> Opening hours


Reception :
Monday to Friday
from 8:30am to 5:30pm

Secretary's office :
Monday to Friday
from 9am to 12:30pm
and from 2:30pm to 5pm


Contact us :
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info@cenas.ch

> Getting to the Cenas Centre

 **Léman Express lines 1 / 2 / 3 / 4**
Stop at Chêne-Bourg Gare Tour

 **Tram / Bus**
Nos. 12 and 17
Direction Moillesulaz/Annemasse
Stop at Graveson

Bus Nos. 31 and 32
Stop at Chêne-Bourg Gare Tour

 **Parking**
(paid underground car park)
P+R Chêne-Bourg Gare
Exit through SBB platform

