# About the Cenas sleep medicine center

Cenas is a private sleep medicine center based in Geneva. Since 1989, Cenas has been providing a broad range of care for sleep disorders, including specialised consultations, sleep monitoring, daytime somnolence tests and comprehensive therapeutic solutions.

#### Your next appointment :

Date : \_\_\_\_\_ /\_\_\_\_ /\_\_\_\_

Time : \_\_\_\_\_h \_

Doctor's stamp :

How to find us :

CENAS CENTRE DE MÉDECINE DU SOMMEIL

Tour Opale, 2<sup>nd</sup> floor Chemin de la Gravière 3 1225 Chêne-Bourg

# Léman Express lines 1/2/3/4

Genève Cornavin > Chêne-Bourg (17 min) Lancy Pont-Rouge > Chêne-Bourg (11 min) Genève Champel > Chêne-Bourg (5 min) Genève Eaux-Vives > Chêne-Bourg (2 min)

cenas

lédecine du sommei



Access with TPG public transport

Tram n°12 or 17 direction Moilesulaz/Annemasse stop at Graveson

Bus n° 31 or 32 stop at Chêne-Bourg Gare Tour

# P Parking

Underground paid car park at Chêne-Bourg station - exit Quai E www.geneve-parking.ch

# My night

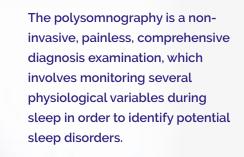
at the Cenas sleep medicine center



Médecine du sommeil

In this document, you will find advice and information about your sleep test procedure

# Polysomnography



# Nature of the examination

- Sleep data
- Breathing
- Oxygen saturation
- Muscle activity
- Cardiac activity
- Movement and pathological behaviour by infrared camera

The examination may also include capnography and/or diurnal tests according to medical indications.

#### Results analysis

- Sleep monitoring
- Visual analysis by a specialised technician
- Discussion and validation during bi-monthly multidisciplinary medical
- meetings
- Results and reports communicated by your referring physician

# Monitoring

# Tips and recommendations before you arrive :

Plan to have a meal before you go to the sleep medicine center. We recommend that you bring :

- Toiletries
- Shampoo and shower gel
- Pyjamas or a comfortable outfit
- Slippers and/or comfortable shoes
- Personal medication

# Your night planning :



#### Admission

Arrive at the time indicated by your doctor. A sleep technician will assist you during your admission.

2.

#### Questionnaires

Fill in the questionnaires and administrative information requested.

- **3.** Installation of test devices and sensors.
  - **Relaxation until 11pm** After that, reading, mobile phones and computers are not allowed.
- 5. \_\_\_\_ Examinations Under continuous supervision of the technician.
- **6.** <sup>"</sup>

**End of examination and removal of equipment** Wake up between 6 and 6:30am. Breakfast at the centre. Release between 7 and 7:30am.

# **IMPORTANT**

Do not change anything in your habits the days before the examination, and continue taking your usual medication. Ask your doctor's advice regarding sedatives and sleeping pills. The center does not issue any medication.

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