

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, 2nd floor
Chemin de la Gravière 3
1225 Chêne-Bourg



The map shows the location of Cenas at Tour Opale, 2nd floor, Chemin de la Gravière 3, 1225 Chêne-Bourg. It highlights the Chêne-Bourg Gare Léman Express station, the Tour Opale building, and nearby landmarks like Migros, Piscine, and Centre commercial Thonex. TPG bus and tram lines 12, 17, and 31/32 are also indicated.

 **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)

 **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

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

**cenas**
Médecine du sommeil

My night

at the Cenas sleep medicine center



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

Contact us : Secretariat 022 307 10 95 / Exams 022 860 90 00
info@cenas.ch / www.cenas.ch

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.

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

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







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.
-  **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. 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.