

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.

About the Hôpital de la Tour

Located in Meyrin, Hôpital de La Tour is a private and independent acute care hospital. Focused on its mission to restore the best possible quality of life for its patients, the Hôpital de La Tour has placed continuous improvement and the development of medical excellence at the heart of its priorities.

Your next appointment :

Date : _____ / _____ / _____ Time : _____ h _____

Doctor's stamp :

How to find us :

HÔPITAL DE LA TOUR
Pulmonology department
Emergency entrance

Avenue J-D Maillard 3
1217 Meyrin
Phone number : 022 719 62 60



Access with TPG public transport

Tram n°18 - Direction CERN
Bus n° 56 / Bus n° 57 / Bus n° 86 / Bus n°71
• Stop at the Hôpital de La Tour



Contact us : Pulmonology department 022 719 62 60
info@cenas.ch / www.cenas.ch

My night

at the Hôpital de La Tour



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

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 Hôpital de la Tour. 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. Present yourself at the emergency room secretariat, at the emergency ward's entrance.
-  **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 Hôpital de la Tour. 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 hospital does not issue any medication.