

## BETTER SLEEP PROGRAM

Do you suffer from fatigue, daytime sleepiness, sleepless nights, difficulties in falling asleep and daytime symptoms such as lack of concentration, memory loss or irritability?

Up to 40 per cent of the general population complain about having sleep problems yet accept it as an inevitable condition. The clinic's Sleep Program can help you to solve your problems in only six nights.

### THE FIRST STEP IS A SUPERVISED AND TARGETED MEDICAL CHECK-UP

- Identification of your problem by a sleep specialist
- Sleep evaluation by respiratory polygraphy
- If needed further overnight-investigation
- Neurologic evaluation
- ENT evaluation for snoring, apnea and nasal obstruction
- Psychotherapeutic evaluation for accurate administration or reduction of prescribed medication
- Relaxation techniques taught by psychologist (hypnosis sessions if needed)

### OUR PACKAGE INCLUDES

- Six nights from Sunday until Saturday including full board
- One medical check-up: laboratory analysis, abdominal ultrasound, chest x-ray, ECG
- Medical evaluation by a lung specialist, daily follow up and nursing care
- Overnight respiratory polygraphy in your private room
- One ENT evaluation
- One neurological evaluation
- One psychotherapeutic evaluation
- Two sessions: therapeutic hypnosis sessions, relaxation techniques, learning about sleep hygiene
- Dietetic follow-up
- One personalised advice at the Center for Aesthetic Medicine and at Clinique La Prairie's Medical Spa
- One 90-minute cellular brightening radiance treatment
- One 60-minute relaxing massage
- One 60-minute signature massage
- Four 60-minutes personal training sessions
- Group fitness and aquagym classes
- Access to the fitness center, swimming pool, sauna, steam room and vitality pool
- Limousine services from/to the airport or train station
- All non-alcoholic beverages

### AS A SUMMARY...

On Sunday: check-in, "sleeping" questionnaire, first meeting with the nurses, visit by the dietician.

On Monday: Detailed discussion and examination by your personal doctor.

On Wednesday: Preliminary analysis of results by your sleep specialist.

On Friday: Final analysis and therapeutic consultation with your sleep specialist.

On Saturday: Departure.

