

## 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.

### YOUR PROGRAM INCLUDES

- Five nights from Sunday to Friday including full board and non-alcoholic beverages
- One medical check-up: laboratory analysis, chest x-ray, ECG
- Daily follow up by the attendant doctor and nursing care
- Medical evaluation by a lung specialist
- Overnight respiratory polygraphy in your private room
- One ENT evaluation
- One neurological evaluation
- One psychotherapeutic evaluation
- One session of therapeutic hypnosis, relaxation techniques and learning about sleep hygiene
- One dietetic consultation and follow-up
- One personalised consultation at the Beauty Med Center
- One personalized recommendation for wellness spa treatments
- Two 60-minute 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

### 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.

