

## DEAR SIR OR MADAM, DEAR PATIENT,

sleep disorders are some of the most common health problems in the general population. In Germany, millions of people suffer from sleep disorders that require investigation and treatment. The causes are manifold – in particular the so-called sleep-related respiratory disorders are widespread and are considered a risk factor for stroke, myocardial infarction, high blood pressure, and cardiac dysrhythmia. A chronic sleep deficit, but also too many sleeping hours, are associated with increased mortality.

Many neurological disorders such as stroke, multiple sclerosis, Parkinson's disease, and neuromuscular disorders are very often associated with sleep disorders. Since sleep disorders may compromise the recovery process and lead to increased psychological stress, prompt investigation and treatment are important.

Thanks to its staff and its medical-technical resources, the **CENTRE FOR SLEEP MEDICINE** of the Kliniken Schmieder Allensbach, headed by somnologist and neurologist **DR. MANUEL EGLAU**, is able to diagnose and treat any type of sleep disorder.

## YOUR CONTACT



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## CENTRE FOR SLEEP MEDICINE (CSM)

KLINIKEN SCHMIEDER ALLENSBACH



high quality in neurological rehabilitation

**SLEEP IS TO A MAN  
WHAT WINDING UP IS TO A CLOCK.**

Arthur Schopenhauer, German philosopher

## TYPES OF SLEEP DISORDERS

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By now, more than 90 different types of sleep disorders have been described which are mainly associated with problems initiating and maintaining sleep and/or excessive daytime tiredness/sleepiness:

- Sleep disorders subsequent to psychological or physical illnesses
- Impaired sleep-wake cycle
- Sleep-related respiratory disorders
- Movement disorders during sleep (non-REM and REM sleep parasomnias)
- Epileptic seizures during sleep
- REM-sleep behaviour disorder
- Narcolepsy/cataplexy
- Restless-legs syndrome
- Periodic limb movement in sleep disorder



## DIAGNOSTIC PROCEDURES

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The diagnostic procedures are performed in spacious and quiet recording rooms that can be blacked out completely, equipped with en suite bathroom/toilet, using state-of-the-art medical technology. This includes:

- Infra-red cameras
- Body position sensors
- Digital recording stations

Wireless data transmission enables unrestricted freedom of movement. A complete physical examination will be done in addition to taking the patient's full medical history. The following assessment methods are used:

- Sleep protocols
- Sleep questionnaires
- Apnoea screening/polygraphy to record sleep-related respiratory disorders
- Superficial EMG to record periodic leg movements



① CPAP mask ② infra-red-camera with room microphone  
③ polysomnography

## THERAPEUTIC PROCEDURES

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When the diagnostic procedures are complete, each patient will receive individual treatment. Depending on the severity of his/her sleep-wake disorder and on his/her personal life situation, the patient will be treated e.g. using the following methods:

### METHODS OF BEHAVIOURAL MEDICINE AND PSYCHOTHERAPY

These include recommendations for sleep hygiene, relaxation techniques, behavioural therapy, and various forms of psychotherapy.

### CHRONOBIOLOGICAL METHODS

Chronobiological therapy uses methods of behavioural medicine and pharmacology. One of the procedures we use is phototherapy.

### PHARMACOLOGICAL METHODS

Drugs are frequently necessary for primarily organic and chronic sleep disorders. Depending on the diagnosis, drugs will be used for a limited period of time but we try to avoid classical sleeping pills as far as possible.

### DEVICE-BASED METHODS

Device-based methods include nocturnal nasal hyperbaric oxygen therapy (nCPAP/BiPAP) which is very successful in case of sleep-related respiratory disorders.

### SURGICAL METHODS (provided by external partners)

In individual cases, surgical interventions may be necessary, particularly if obstructions in the region of the upper airways, obstructing tumours of nose or throat, or deformations of the facial skeleton are found.

## YOU SHOULD REQUEST MEDICAL INVESTIGATION OF YOUR SLEEP ...

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- If you have had problems initiating or maintaining sleep for a period of more than four weeks;
- If your sleep is not relaxing, i.e. you are frequently tired over the day or your well-being and performance are reduced;
- If you experience abnormal movements or behaviours during sleep (e.g. sleepwalk, aggressiveness, nocturnal confusion, or frequent leg movements).

### TIPS FOR SLEEP HYGIENE

- Ensure that your sleep cycle is steady.
- If possible, sleep in a room that is blacked-out, quiet, rather cool, and well-aired.
- Avoid alcohol, excessive nicotine use, caffeine, or excessive physical activities during the hours before bedtime.
- Introduce little bedtime rituals or practice relaxation methods like yoga or autogenic training.
- If you cannot sleep, get out of bed. Do not go back to bed unless you are tired enough to sleep.

### TREATMENT COSTS

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1 NIGHT:	1,800 €
2 NIGHTS:	3,300 €
3 NIGHTS:	4,400 €
4 NIGHTS:	5,500 €
5 NIGHTS:	6,600 €

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