

Dear patients,

please come to the following address for your examination: National Institute of Mental Health Topolová NIMH or NUDZ in Czech) 748, 250 67 Klecany GPS 50.1793867N, 14.4221403E. If you do not drive your own car, we can also be easily reached by public transport – buses no. 371 or 374, going from Kobylisy metro station to the stop Klecany, U hřbitova.

Please report your arrival at the reception. The Department of Sleep Medicine is located on the 1st floor of the building.

About the examination:

Sleep examination in the sleep laboratory is used to diagnose sleep disorders and determine the most appropriate treatment.

Examination procedure:

Upon arrival at the ward, an initial interview will be conducted, and your health will be checked by the attending physician. You will then be provided with a separate single room with a private bathroom. If you wish to leave the ward, you will be issued with a pass until approximately 6 pm. On your return to the ward, you will be asked to complete questionnaires and be prepared for your examination. The actual sleep examination starts at around 10 pm and can be interrupted at any time during the night (including disconnecting the sensors if you need to use the toilet). You will be woken up by the lab technician at approximately 6 am, and the examination will be completed.

Meal arrangements are governed by the time you arrive on the ward. Diets indicated by your physician must be reported in advance and supported by a dietary restriction report. Results of the examination will be available 4-6 weeks after completion. The report will be sent to the doctor who referred you for the examination. If necessary, the results can be consulted during your next outpatient appointment at our office.

Please bring the following to the examination:

- All medications you are taking in their original containers.
- A sleep diary completed for at least 2 weeks.
- Toiletries, including towel and shampoo.
- Pajamas and slippers.
- Men should be clean-shaven (unless wearing a beard), and women should remove nail polish from their nails.
- Own pillow or another favourite item if needed.
- Reading glasses.
- Book, magazines, laptop (no TV in room).

Personal computer and cell phone use may interfere with data recording and must be turned off before the examination begins. Wi-Fi network is available.

Cancellation of appointment:

If you are unable to attend your scheduled appointment or become ill before, such as having a cold, please notify us as soon as possible at +420 283 088 400 so we can offer the appointment to someone else. A missed appointment means a significant financial loss for NIMH. Thanks for understanding.