

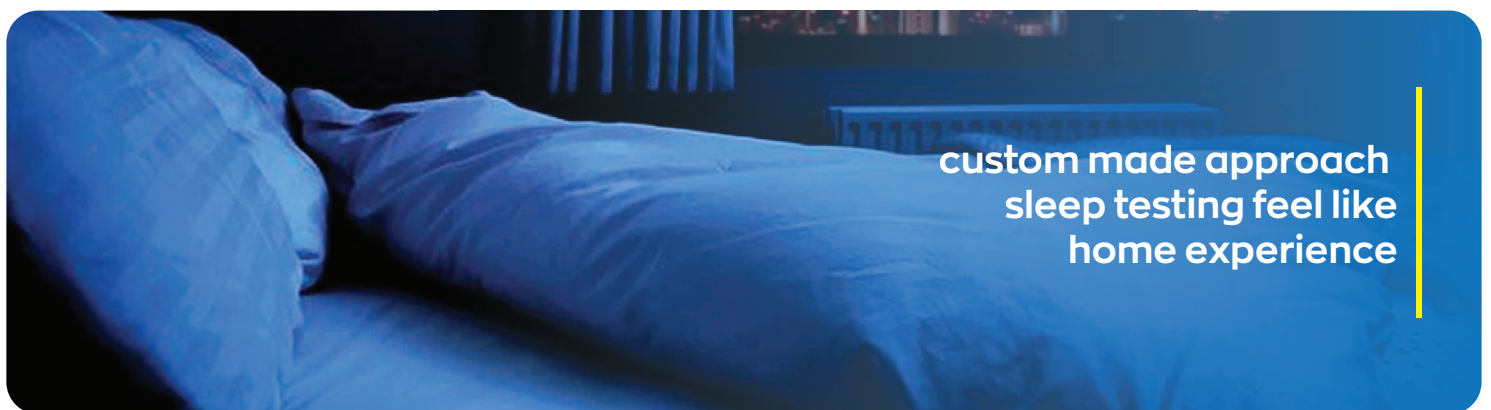


What do you think about healthy sleep? **HEALTHY SLEEP CENTER IN ATHENS**

A good night sleep, a pleasant and fulfilled breath, a clear voice and a delicious meal are all indications of quality lifetime and signs of good health. There are medical specialists for each one of these basic functions: sleep, breathing, voice and swallowing. Establishing a diagnosis needs correlation of symptoms with medical and clinical information to offer the prompt therapeutic plan. **HEALTHY SLEEP CENTER** has achieved to be able to deliver an immediate diagnosis with state-of-the-art medical equipment. You are provided with custom-made medical solutions in a pleasant environment just before you leave and return to the demanding everyday routine. High quality medical services are now possible during your vacation.



By the seaside
during your vacation
complete diagnosis in 24h



custom made approach
sleep testing feel like
home experience

HEALTHY SLEEP CENTER, For more info tel: 2114112182 Voice & Swallowing Department, REA HOSPITAL

The upper airway is responsible for the three main functions of the human body: breathing, speech and swallowing. These functions, equally important altogether and each one of them separately, share the same anatomical space until their separation point.

RESPIRATORY DISORDERS:

Breathing, when done through the nose, is significantly superior, but there are certain conditions such as nasal septum deviation, rhinitis, nasal polyps, etc., who affect nasal breathing. Other conditions, as arcuate soft palate, hypertrophic pharyngeal or lingual lymphatic tissue, recessed jaw, collapsing lateral pharyngeal walls etc. can produce snoring and other breathing disorders. These disorders have a gross impact on pathologies such as blood pressure, heart disease, diabetes and other pathologies

DYSPHAGIA: Difficulty in swallowing means that it takes more time and effort for food, solid or liquid, to be transported from the mouth to the stomach. In some cases, swallowing may be accompanied by pain or become impossible in extreme situations. Occasionally, difficulties in swallowing can happen when we eat too fast or do not chew our food well enough; these are usually not causes of concern. Persistent dysphagia may indicate a serious condition that requires immediate treatment. The causes of swallowing problems vary, and treatment depends on the cause.

DYSPHONIA: Changes in the tone of voice such as when the voice sounds rough, weak or tense are called dysphonia. Dysphonia is a large category of multiple functional and organic disorders. It appears to occur more often in women and the ageing population. In addition, some professional groups, such as teachers, singers, actors and other voice professionals, are at increased risk. The hoarseness that persists for over three weeks, especially when not related to cold or flu, should be immediately evaluated by a physician.

Dysphagia, dysphonia, and respiratory disorders during sleep have a similar diagnostic workup. **Healthy Sleep Center**, Sleep Disorders test Department and Phoniatic Department, are at your disposal to investigate the entire range of the abovementioned symptoms.

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