



Your dream in the spotlight

Clebre Method

Discover the Clebre Method, thanks to which your dream will become more efficient than ever.

We sleep 1/3 of our lives. Therefore, we must take care of the quality of our sleep. Over 40% of adults have trouble sleeping and breathing during this time sleep disorders - snoring and apnea are pervasive in children, adults, women, and men. They prevent proper regeneration before the next day, cause chronic fatigue, and increase the risk of hypertension, diabetes, heart rhythm disorders, and many other diseases.



We give time and attention

Snoring and apnea require much more time, attention, and contact with the doctor than a short visit to the clinic. We want to give you this time.

- Snoring and apnea cannot be cured instantly; this is a complicated condition.
- Taking the time to do an in-depth root cause analysis pays off significantly on treatment effectiveness.

We manage diagnosis and treatment process

We see how often helpless, and lost patients have to organize their treatment process, keep an eye on deadlines, and consult test results. We want to support you in this process.

- In a typical treatment process, all the logistics of arranging tests, sending results, and keeping appointments fall on the shoulders of the patient.
- We want to free you from it. The management of the treatment process is on our side. We make appointments for examinations, remind you about dates, and supervise the course of treatment. You finally have someone you can ask for details at any time.



We work with specialists in various fields because fighting apnea is a team work

If apnea affects our lives and health so strongly, we must look at its causes on many levels.

- We don't breathe the same every night. Differently stressed, differently relaxed. With less body weight or with more. With a blocked or nose. All these factors are areas that need to be looked at carefully.
- That is why we must cooperate with specialists in various fields - laryngologists, dentists, pulmonologists, dieticians, speech therapists, physiotherapists, and psychologists. Access to the knowledge and experience of multiple specialists guarantees that we do not treat the patient in a standard and one-dimensional way.

The Clebre Method - together, we can do more

The Clebre Method has 4 main pillars



We give you the time and attention of the doctor necessary to make the correct diagnosis



We organize treatment and coordinate it from one place - you don't have to deal with it



Treatment is provided by a team of specialists coordinated by the attending physician



You are monitored for a year of treatment to ensure a long-term effect

Contact

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