

MSLT Information

What to Expect

The “MSLT” or Multiple Sleep Latency Test is a daytime nap test that objectively evaluates your degree of daytime sleepiness.

When you arrive in the morning, if the door is locked, please push the doorbell, and the technician will let you in and show you to your private room. You then change into your sleep-wear. The technician will call you into the set-up room where electrodes will be attached to your scalp using water soluble paste to monitor brain wave activity. This enables the technician to determine when you fall asleep and how deeply you sleep.

The test consists of 5 nap opportunities spaced out every 2 hours throughout the day. The approximate times are 8 am, 10 am, 12 pm, 2 pm and 4 pm. During each nap opportunity you lie down in a quiet, darkened room and see how quickly you fall asleep. The technician will wake you after several minutes at which time you are asked to remain awake until the next nap time. After your study is completed, it is scored by a technician and interpreted by a sleep disorders physician. Your sleep disorders physician will review the results at your scheduled follow-up appointment.

What to Bring

Pack a small bag with all the items you will need for your day away from home. Do not bring valuables. Items to bring include:

- **Comfortable Clothing or Sleep-wear:** such as sweat pants and T-shirt, or pajamas and housecoat.
- **Food and drink** for lunch or snack.
- **Personal Toiletries:** towels, shampoo and soap are provided. Showers are available.
- **Medications:** bring all the medications you normally take. Take your usual medications on the day of the study **unless instructed otherwise** by your sleep disorders physician.
- **Personal Items:** reading materials such as a books or magazines, puzzle books, laptop, tablet, etc. to occupy your time in between naps.

On the day of the MSLT:

- Please shower and wash your hair. This allows the technician to easily apply and remove electrodes. Do not apply gel, oil or hairspray prior to the study. Men, please shave if you normally do so. Women, please wear limited if any makeup and no nail polish.
- Please arrive at your scheduled time. If you are running late, please telephone the number for your lab listed under “Contacts” on the web site so we can advise you. **Please note that we require 72 hour cancellation notice.** Missing a study is a waste of limited and expensive resources. It is also not fair to others who are waiting for a study. If you are unsure of whether you can make it, please let us know. Except in extenuating circumstances, **patients who do not provide adequate notice will not be rebooked!**
- You will be here all day (until approximately. 5:00 pm) for your MSLT.
- Please bring food for the day. We have a fridge to put your food in (please put your name on it) and we also have a toaster and microwave that you may use.

MSLT RULES

- Please remember not to consume any alcohol or caffeine - including coffee, tea, green tea, chocolate and decaffeinated drinks as they still may have caffeine in them.
- Please check with the Technician before you take any medication as some can make you drowsier while others have a stimulating effect.
- You are not permitted to be in your bed between naps.
- No sleeping between scheduled naps.
- No smoking for ½ hour before your scheduled naps.