



# America's Favorite Sleep Center Inc.

## PREPARING FOR A MSLT



Dear Patient,

Your physician has requested that you have **two consecutive** sleep studies to evaluate your present medical condition. Your *Multiple Sleep Latency Test (MSLT)* is scheduled following your all night Polysomnogram (*PSG*) or *Continuous Positive Airway Pressure (CPAP) study*. Please be sure to call to confirm that both tests have been scheduled at: 410-465-8503. Below you will find information about your scheduled MSLT study and some answers to common questions regarding testing. **Please be sure to read all the information.** If you have questions please call the office right away.

### **WHAT IS A MSLT?**

The MSLT is a study used to determine degree of daytime somnolence (sleepiness) and it is a standardized test to rule out Narcolepsy and/or Idiopathic Hypersomnolence (Excessive Daytime Sleepiness). It consists of a series of five 20 minute naps separated by 1½ -2 clock hours of time. After your Standard PSG Study, you will spend the day at the Sleep Center to perform a series of “Nap Studies”. Some of the monitoring devices that were placed on you for the sleep study will be removed. After these devices have been removed, you are to change into your “daytime clothes”. The first nap will begin generally 1½ -2 hours after you are awakened from your sleep study. Additional naps will occur at 2 hour intervals. Each nap is an “opportunity” for you to sleep. We will be monitoring your tendency to sleep when given the opportunity to do so. In between each nap study you are to remain awake and out of the bed. You must provide your own breakfast and lunch during the day of the study. You are not allowed to have any caffeinated beverages during the day.

## HOW DO I PREPARE FOR THIS TEST?

To prepare for a MSLT test, you will need to bring something to do during the time that you are awake (with lights on), such as a book or DVD player or laptop, etc. You will also need to bring breakfast and lunch for the day of the test, as well as beverages. No caffeinated beverages are allowed on the day of the test. In the week before the MSLT test keep a sleep diary. The blank form is provided as page 2 of this document.

### *You need to bring the following items with you for your sleep study and MSLT:*

- Insurance card(s).
- Driver's License.
- Pajamas or sleep clothes (preferably two-piece pajamas or jogging shorts and t-shirt).
- Toiletries that you will need after your study (toothbrush, toothpaste, washcloth, towel, ect.).
- Any items that you routinely use at bedtime, such as your favorite pillow.
- **Breakfast & Lunch for the day of your MSLT** (a refrigerator and microwave will be provided for your use); **any beverages that you bring must be decaffeinated.**
- *Please bathe or shower before you come for your overnight study.*
- Please shampoo your hair before you come for your study; *please do not put any conditioners, hair spray, or styling products in you hair*

## RULES FOR THE DAY OF THE MSLT

- No caffeinated beverages
- No consumption of food or beverages 30 minutes before each test
- No smoking 30 minutes before each test. (we are a smoke free facility)
- You must remain awake between naps
- No laying down between naps
- Continue regular use of all prescribed medications (unless otherwise ordered by your physician)

## WHEN CAN I GO HOME?

You may leave the facility after the last nap has concluded, the electrodes are removed and the final paper work is complete.

## WHEN WILL I GET MY RESULTS?

The results will be available to your doctor within 5-7 business days.

# SLEEP DIARY

NAME: \_\_\_\_\_ DATE BEGUN: \_\_\_\_\_

BEDTIME	FRIDAY	SAT	SUNDAY	MONDAY	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	AVERAGE
WAKETIME	SAT	SUNDAY	MONDAY	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	MONDAY	
BEDTIME TO NEAREST QUARTER HOUR											
WAKETIME TO NEAREST QUARTER HOUR											
TOTAL SLEEP TIME											
NUMBER OF AWAKENINGS DURING THE NIGHT											
NUMBER OF CAFFINATED BEVERAGES	FRIDAY morning: afternoon: evening:	SAT morning: afternoon: evening:	SUNDAY morning: afternoon: evening:	MONDAY morning: afternoon: evening:	TUES morning: afternoon: evening:	WEDNES morning: afternoon: evening:	THURS morning: afternoon: evening:	FRIDAY morning: afternoon: evening:	SAT morning: afternoon: evening:	SUNDAY morning: afternoon: evening:	morning: afternoon: evening:
Average sleepiness during the day 1-10 1= not sleepy 10=unable to resist sleep	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	