

MULTIPLE SLEEP LATENCY TEST (MSLT)

What is it?

Multiple Sleep Latency Test (MSLT) refers to the recording of sleepiness during five naps scheduled at two-hour intervals during the day. The first nap is at 7:30 am and the last nap is at 3:30 pm. Sleep latency is the time from lying down to nap until sleep begins. Each nap session last from 15 to 35 minutes. Between naps, you will stay in the Sleep Medicine Department but must remain awake. MSLTs are appropriate for complaints of poor nighttime sleep and/or excessive daytime sleepiness, including narcolepsy. Generally, a MSLT is done on the day after an all-night polysomnogram (sleep study). You will remain in the same area for the MSLT.

Prior to the first nap, sensors are placed on the scalp to monitor brain waves, around the eyes to measure eye movements, on the chin to detect muscle tension changes and on the chest to monitor heart beats. These sensors will be removed after the last nap. You may have a special blood and/or urine test the day of the MSLT.

Preparation and what to bring:

- No coffee, tea or other beverages containing caffeine or alcohol before the all night sleep study. Caffeine beverages will not be allowed during the MSLT.
- Wash your hair the day before the test and do not apply hair oil or other hair products.
- Continue to take your regular medications unless you have been asked by your physician to stop certain medications before the MSLT. If you have any questions, contact your referring physician.
- Get a usual night's sleep the night before.
- Wear comfortable clothing and you may bring a book or magazines for in between nap activities.
- You may bring breakfast and/or lunch from home or meals can be purchased from our Café. Please bring money to cover meals and parking.
- Parking in the Straub garage will be validated. There is a \$3 fee for parking with validation.

Between Naps:

- Caffeine beverages will not be allowed during the day of the MSLT.
- Smoking is permitted only during limited times in the designated smoking areas outside the hospital.

For children under 13 years of age: At least one parent or guardian must remain in the Sleep Medicine Department for the entire study.

Advisory:

- Skin preparation for sensor placement may result in reddening of these skin areas. The redness should go away in a few days. Topical first aid creams or ointments can be used for any discomfort.
- On rare occasions during skin preparations, the skin may be rubbed hard enough to cause minor scabs to form after the sensors have been removed. Again, first aid treatment should help those areas to heal.

Rescheduling or Cancellations:

- Please call us at 808-522-4448 as soon as you know a change in your appointment is necessary. If you become ill, please call at least 8 hours before your appointment time.

CAUTION: No Show Policy:

- You will be charged a \$249 fee if you are a no show for your appointment or if you cancel less than 8 hours before your appointment time.