

MULTIPLE SLEEP LATENCY TEST-MSLT (Possible)

Your doctor has ordered this additional test for you on an “as needed” basis. This means that after a general overview of your nighttime sleep study, a decision will be made as to the necessity of further testing. During the nighttime testing a cause for excessive daytime sleepiness was not ruled out. Insomnia and poor sleep hygiene are not valid reasons for daytime sleepiness which requires all day testing. If you currently take any stimulant medications, you must discontinue use a minimum of 2 weeks prior to the overnight testing. Ask your doctor prior to scheduling the sleep study if you have any concerns.

What is a Multiple Sleep Latency Test-MSLT?

A Multiple Sleep Latency Test is a test designed to assess the degree of daytime sleepiness after a normal night’s sleep. The doctor is looking for how quickly you fall asleep and what stages are achieved during 15 minutes of sleep time. It consists of 5 brief nap sessions spaced 1.5 to 3 hours apart. The first session begins 1.5 to 3 hours after the end of the overnight study. It can be an important addition to your nighttime sleep study, so please be sure you have no appointments or work obligations which will interfere with your ability to stay for the test. The time of completion varies, but be prepared to stay until 4:30pm.

How do I prepare for the test:

- No stimulant medications for a minimum of 2 weeks prior to the overnight testing.
- Please ensure you have no appointments or work obligations the day after your overnight sleep study. The time of completion varies, but be prepared to stay until 4:30pm the day after the overnight sleep study. Unfortunately, we cannot tell you with certainty whether you will need to stay for this test without viewing your nighttime sleep study first.
- Bring snacks and a lunch. Continental breakfast is available but lunch is not provided. A refrigerator, freezer and microwave are available for your use.
- No caffeinated beverages can be consumed during the MSLT test. Bring ibuprofen or acetaminophen in case of a caffeine withdrawal headache. Some medications contain caffeine, check the label first. The sleep center does not provide any medications.

What will happen during the test:

- Cell phones must be turned off during the nap sessions. You MUST keep yourself awake between nap sessions or the test is deemed invalid.
- Bring a book, writing material, puzzles or other activities you can do between testing times. A television and CD player are available in your room.
- Between each of your testing times, you may move about the facility.
- Bring comfortable clothing to wear during the day such as lounge pants and a t-shirt. Slippers, sandals or other footwear is required outside of the bedroom.
- You may be asked to provide a urine sample.

Please call the Sleep Center at (507) 389-8520 if you have any questions or concerns.