



Consultants in Neurology
MidAmerica Neuroscience Research Foundation
8550 Marshall Drive, Suite 100
Lenexa, KS 66214
913.894.1500 or 800.753.6992

Multiple Sleep Latency Test

A **MULTIPLE SLEEP LATENCY TEST** is a series of structured nap studies that are performed primarily during the day and following your overnight sleep study. You will have 4 to 5 naps tested and be awake in two-hour increments.

PLEASE UNDERSTAND THERE IS A \$50.00 CHARGE FOR APPOINTMENTS THAT ARE NOT CANCELED 24 HOURS IN ADVANCE FOR OUR SLEEP CENTER. IF YOU NEED TO RE-SCHEDULE OR CANCEL YOUR APPOINTMENT, PLEASE CALL LINDA AT 913-894-1500 EXTENSION 172 BETWEEN 9 A.M. AND 5 P.M. MONDAY THROUGH FRIDAY. THANKS FOR YOUR COOPERATION.

- In order for this test to be valid, you must stay awake during the two-hour period between naps; so you will not be allowed to stay in bed when the nap is over.
- You may want to write letters, bring reading material, or something to keep you occupied during the two-hour intervals between testing periods. There will be a TV-VCR available for your convenience.
- You will need to bring breakfast, lunch and snack items. There is a microwave available.
- We suggest wearing Pajamas or comfortable street clothing for your study.
- You may bring an adult family member or friend with you to help keep you awake between testing periods.
- Continue taking prescribed medications unless your doctor gives other instructions.
- Beverages containing caffeine (i.e., coffee, tea and colas) may also invalidate the test; we therefore ask that you refrain from drinking these. We also ask that you refrain from smoking and other stimulants (such as chocolates.)
- We ask that you be prepared for you nap within 15 minutes of the scheduled nap time (i.e., bathroom breaks, etc.) the technologist will want to begin checking your electrodes and preparing you for bed.