



Consultants in Neurology
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Multiple Sleep Latency Test Instructions

A **MULTIPLE SLEEP LATENCY TEST (MSLT)** is a series of structured nap studies that are performed primarily during the day and following your overnight sleep study. You will have 5 timed naps during the course of the day. The purpose of this study is to see how sleepy you are during the day.

Your scheduled appointment is:

8:00 AM on _____ / _____ / _____

- 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 bring some entertainment such as reading material, work or videos to keep you occupied during the waking periods. There will be a TV-DVD with satellite available for your convenience.
- You will need to bring breakfast, lunch and snack items. There is a refrigerator and microwave available.
- We suggest wearing pajamas or comfortable street clothes for your study.
- Continue taking prescribed medications unless your doctor gives other instructions.
- You may bring an adult family member or friend to keep you company between testing periods.
- Beverages containing caffeine (i.e., coffee, tea and sodas) are not to be consumed during the day of the MSLT, as they may invalidate the test.
- Smoking, exposure to direct sunlight, or other stimulants are not allowed during the day, as they may invalidate the test.
- Because you will need to stay for all 5 naps you should plan to stay until at least 4 p.m.

If I must cancel my MSLT appointment, I understand that it is my responsibility to cancel by phone **A MINIMUM OF ONE BUSINESS DAY, 24 hours in advance meaning **MON – FRI.** Failure to cancel will result in a **\$50.00** charge.**

X

Patient Signature

Date