

MSLT Multiple Sleep Latency Test



Patient:
MRN:

A **multiple sleep latency test** is done to evaluate daytime sleepiness and test for signs of narcolepsy. If criteria is not met, you will be sent home at the conclusion of your overnight study. If criteria is met, your sleep technologist will have you complete a daytime study following your overnight sleep study.

Things to bring:

- | | |
|--------------------------|---|
| ☐ | Light breakfast, lunch and/or snacks. Please, no caffeine! |
| ☐ | A completed sleep diary (see attached) |
| ☐ | Loose, comfortable street clothes for the day |
| ☐ | Suitable recreational materials such as: DVDs, reading, board games, cards or other non-stress producing activities |
| ☐ | You may arrange for a companion to remain with you between naps to help keep you awake |

What to expect IF MSLT criteria is met:

- After waking from your overnight study, you will be asked to take **4-5 naps, 2 hours apart**
- The final nap should be completed by **5:00 PM**
- Smoking should be stopped at least 30 minutes prior to each nap opportunity
- Vigorous physical activity and bright sunlight should be avoided between naps
- Urine drug testing may be requested the day of your test

Please note: Stimulants, stimulant-like medications, and REM suppressing medications should be stopped 2 weeks before the MSLT. Other routine medications and dietary habits should be maintained.