

THE CENTER FOR SLEEP MEDICINE

Multiple Sleep Latency Test (MSLT)

The Multiple Sleep Latency Test (MSLT) often follows a nighttime sleep study. It will start approximately 2 hours after you wake. This time varies and depends on information collected from your nighttime study.

WHAT IS AN MSLT?

An MSLT monitors sleep patterns to determine the degree of daytime sleepiness. The test consists of a series of five naps starting approximately 2 hours after you wake in the morning and continuing every two hours thereafter. Sensors and electrodes are used to record information similar to the nighttime sleep study. These sensors measure:

- Brain waves (electrodes placed on the scalp).
- Eye movements (electrodes placed on the face by the eyes).
- Chin Muscle tone (electrodes placed on or near the chin).
- Heart rate (electrodes placed on the chest).

INSTRUCTIONS FOR THE MSLT:

- Do not come for your sleep studies sleep deprived. It is recommended that you get 8 hours sleep every night for 2 weeks prior to your sleep study and make sure to get a good night's sleep the night before.
- Follow the sleep specialist's directions regarding medications - Stop taking any medicines as directed and for the length of time as directed.
- You will typically be required to have a urine test for drugs the day before or the day after you have the MSLT.
- Please do not make plans for the evening of your MSLT since the time varies as to when your study will be complete. You may be at the sleep center until as late as 8 p.m.
- You may bring something to read or work on during the day to help keep you occupied in between naps. A television and DVD player are available.
- Breakfast and lunch will be provided.