



Multiple Sleep Latency Test (MSLT) Instructions

1. An MSLT is a special type of sleep study which is performed during the daytime. It is usually performed to evaluate the symptom of being very tired or sleepy during the day.
2. An MSLT is composed of a series of 30 minute nap opportunities spread out throughout the day. Each nap is separated by a period of two hours during which you will be asked to stay awake.
3. An MSLT is usually preceded by a traditional overnight sleep study, so you can expect to spend the night at the sleep center, as well as most of the following day. A typical schedule for this would mean arriving at the sleep center in the late evening, spending the night to perform an overnight sleep study, and then beginning the MSLT phase by 7 or 8 AM. The MSLT is typically concluded by the late afternoon, anytime from 3 to 6 PM depending on test circumstances. Patients are not able to leave the testing center during this entire process, and you should therefore plan accordingly.
4. If the overnight sleep study demonstrates specific sleep problems, such as obstructive sleep apnea, the MSLT may not need to be performed. The sleep technologist who will be supervising your sleep study will inform you in the morning whether or not you will be proceeding with the MSLT phase. Unfortunately, there is no way to predict with absolute certainty if the MSLT will be required.
5. Make sure you bring with you any personal medications you may need throughout the day. In general an MSLT (and the overnight study preceding it) should be performed without the use of any stimulant or sedative medications. Examples of these include Ambien, Ativan, Provigil and Ritalin. If you use any of these (or similar) medications, discuss it with our physicians ahead of time.
6. You will be able to eat a light breakfast and lunch at the sleep center. A refrigerator, microwave and kitchenette are available in the sleep center if you would like to bring your own food. If you would prefer to order food delivery, a list of menus from local restaurants will be available. You will not be able to leave the testing area to eat out. Light beverages and snacks are available.
7. Every effort will be made to make your stay at the sleep center comfortable. All the sleep center bedrooms have flat screen televisions. You are also encouraged to bring with you books, magazines, a laptop and anything else that you can think of to help in passing the time.
8. Please refer to the main Sleep Center Patient Instructions packet in answering most of the other common questions about the sleep study process. Our website, www.towersleepmedicine.com, also has answers to many common questions.
9. If you have any additional questions or concerns, please bring them to the attention of our staff. We will do our very best to address them!

Thank you