



## **Patient Instructions for Multiple Sleep Latency Test (MSLT)**

The MSLT is the “gold standard” test to assess for excessive daytime sleepiness/tiredness. It usually follows an overnight sleep study.

- **Beginning at least seven days before your scheduled study, try to maintain a regular sleep schedule. Spend at least 8 hours in bed during your usual nighttime sleep period. If you were given a Sleep Diary, please complete this diary each morning when you wake, reporting on your sleep from the night before.**
- **Bring/wear loose fitting, comfortable clothing for your daytime nap testing. You may also bring breakfast, lunch, snacks and drinks with you, but do not bring anything with caffeine.**
- **You may bring a book, personal computer or other projects with you to help keep you awake between naps. We ask that you keep your cell phone off during testing.**
- **Caffeine is not allowed the day of the testing**
- **Follow your health care provider’s instructions regarding taking or discontinuing medications prior to the test.**
- **Your nap schedule will usually be as follows: naps are at 8 am, 10 am, 12 pm, 2 pm, and if needed, 4 pm. Naps generally last 20-30 minutes. \*\*Please note: you may be here until 5pm.\*\***
- **You must stay out of bed between naps. The technician will time your nap and tell you when to go to bed and when to get up from bed.**
- **If you have any other questions, call The Sleep Center at 760-631-3000, ext. 2110**