



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

**\*\*Please note: You may be here until 4pm following the 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.**
- **Please bring breakfast, lunch, snacks and drinks with you, but do not bring anything with caffeine. Caffeine is not allowed the day of the testing**
- **Bring/wear loose fitting, comfortable clothing for your daytime nap testing.**
- **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.**
- **Follow your health care provider's instructions regarding taking or discontinuing medications prior to the test.**
- **Your day will consist of a series of five nap periods that will take place every two hours. Each nap period is generally 20-30 minutes depending on how long it takes you to fall asleep 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.**