

Multiple Sleep Latency Test (MSLT)

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A multiple sleep latency test (MSLT) is done to see how quickly you fall asleep in quiet situations during the day. The MSLT is a way to measure your daytime sleepiness. The test is usually done during the day after an overnight sleep study (polysomnography).

The test will start 90 minutes to 3 hours from the time you wake up in the morning and end about 8 to 10 hours later. You will have the opportunity to take four or five naps during the MSLT. Between naps will be a 2-hour break. Each nap will last 15 to 30 minutes.

The test will measure the time it takes for the first sign of sleep to show after you start each nap. The test has little to no discomfort.

Purpose of the Test

The test will help your doctor:

- tell if you have narcolepsy (suddenly falling asleep)
- define the differences between physical tiredness and extreme daytime sleepiness
- tell if treatment for a sleep and/or breathing disorder will work for you.

Before the Test

- The technologist will remove some of the wires and monitors. The sensors on your scalp, face and chest will stay in place during the test.

- You may eat breakfast. Do not drink any coffee, tea or any other beverage that contains caffeine. Do not eat any foods that contain caffeine, including chocolate.
- You may change into your regular clothes.

During the Test

- Once the equipment is in place, you will lie down on the bed.
- The technologist will go into a control room. He or she will talk with you through an intercom.
- The technologist will ask you to move around to make sure the equipment is working.
- The room is darkened to help you sleep. The technologist will ask you to try to fall asleep.
- After about 20 minutes, the technologist will ask you to stop the test or wake you.
- Between naps, you will be able to watch TV, read or work on your light hobby. You may have a visitor.
- The technologist will tell you when you can have lunch.
- Lunch will be provided by the Sleep Center. If you choose to pack your own lunch, please be sure not to include any coffee, tea, chocolate or any other beverage or food that contains caffeine.
- Take your regular medicines, unless your doctor gives you other instructions.

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- The naps will continue until you have spent 8 to 10 hours doing the test.
- Any time you need something or have questions, you can speak with the technologist through the intercom.

After the Test

- The technologist will remove the sensors. You will be able to take a shower before going home.
- You may or may not need to have a blood test to check if the medicine(s) you take may be causing your sleepiness.
- You may be asked to take a test to screen for drugs.

Follow-up Appointment

- If you do not have a follow-up appointment made, please call your doctor's office to schedule one about 2 weeks after the overnight sleep study. He or she will talk with you about the results, your therapy options and answer any questions or concerns you have.