

## **Multiple Sleep Latency Test (MSLT)**

**Please review 48 hours prior to your study**

### **About the MSLT Study:**

A Multiple Sleep Latency Test (MSLT) provides an objective measure of your tendency to fall asleep. At 2 hour intervals during the day you will be asked to lie down in a comfortable, darkened room, relax and try to take a 20 minute nap. We will record your brain wave activity (EEG) and determine if you fall asleep, how quickly sleep occurs, if you cycle through Rapid Eye Movement sleep, and how long you sleep. We will also ask you to report if you fell asleep and if you dreamt. Your MSLT will run from about 9 am to 6 pm (if you abide by a traditional sleep-wake schedule).

### **Before the Study:**

1. Wash your hair well within 36 hours prior to testing.
  - a. Do not apply hair products or body lotion.
  - b. You may shower in the laboratory before leaving in the morning.
2. Be sure to get an adequate amount of sleep for at least one week (preferably two) prior to the study (7-9 hours on a regular schedule).
3. Do not use caffeine the day of the study. If you drink more than 2 caffeinated beverages per day then you will need to reduce your caffeine intake by 1 caffeinated beverage per day in advance to ensure that you do not suffer from caffeine withdrawal headaches during your nap study.
4. Most medications do not interfere with the MSLT. If you are on any stimulating medications be sure to check with your referring physician to determine if they want to assess your alertness at baseline off stimulants or if they want to assess residual sleepiness on stimulants. Wean off of your stimulant medication gradually if your doctor has instructed you to do so. **DO NOT DRIVE** if you are off your stimulant!
5. Bring all medications with you.
6. Bring lunch & a snack or money for lunch.
7. Bring relaxing reading material or a CD/MP3 player to occupy your time between naps. Please note: in order to maintain adequate quiet in the lab, you **MUST** bring a headset with you.

**PLEASE call and schedule a follow-up appointment with your referring physician to go over the results of your study. Your physician will have the preliminary results 5 working days following your study.**

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