# EVERYTHING SLEEP
## — IDAHO —

# MSLT PROCEDURES & INSTRUCTIONS

Name_____

Your MSLT appointment is:_____

M.S.L.T. stands for Multiple Sleep Latency Test.  It is a test of daytime sleepiness. The study starts around 90 minutes after your wake up time from your previous night's sleep.  You will have your own private room for the MSLT.  If you had an overnight study, it will typically be in the room that you had spent the previous night in.

The MSLT is an easy test.  Small electrodes are applied to your scalp and on your chest for monitoring during the study.  The procedure is basically a series of naps taken at 2 hour intervals.

There are 5 naps that are needed for a MSLT, so be prepared to be in the lab until approximately 5:00pm.  Most patients bring books, laptops, DVDs and other devices to keep them occupied between the naps. Internet access is available for laptops.  If you forget to bring something to pass the time, we do have some magazines and a few movies that we provide but it is highly suggested that you bring in your own materials for the day. We ask that you avoid electronics and anything stimulating 30 minutes prior to each nap, so we recommend bringing something else other than electronics to occupy your time for those 30 minutes. You may pack a lunch (microwave available by request) or have food delivered, also you may want to bring a few snacks. We have bottled water and decaf tea options available if you choose.

There are 2 very simple rules to follow during your MSLT.  The first is to **STAY AWAKE** between your naps and the second is **NO CAFFEINE** is to be ingested during your stay.  This means no soda, coffee, energy drinks, etc…

At the end of the study, you will have the electrodes removed and then are free to leave.  Your results will be given to you during your follow-up visit with your provider.  The technician providing the test will not be able to give you results so please refrain from asking them.

Our office hours are Monday-Friday 8:00 am – 5:00 pm.  If you have any questions please call our Boise lab at 208-375-8222.