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MSLT PATIENT INSTRUCTIONS

THE DAY OF YOUR MSLT

An MSLT (Multiple Sleep Latency Test) is a daytime study, which follows your overnight sleep study, to test for narcolepsy. Some patients are scheduled to stay the next day. When you wake up in the morning from your sleep study, your sleep technologist will inform you if you will be continuing with your MSLT. At this time the technologist will remove the breathing sensors and leg electrodes but will leave the head and EKG electrodes attached. These will stay for the remainder of the MSLT. There will be napping periods set in 2 hour intervals, starting at 8 am. You will be asked to lie down in bed and close your eyes for 20 minutes. These naps will continue through the day at approximately the following intervals: 8 am, 10 am, 12 pm, 2 pm, and 4 pm. When each nap is over, you will be asked questions about your sleep and how sleepy or alert you feel. Between the napping periods, you will be able to watch anything on your own device (phone, tablet, laptop, etc.), read, or use your computer to work, but you will not be allowed to lie down or take additional naps. You will have a chance to eat the breakfast you brought with you and after the third nap (12 pm) you will be given a chance to eat your lunch. After the last nap, the technologist will remove the electrodes and you will be allowed to leave between 4:45 pm and 5:00 pm Your physician is interested in: (1) if you go to sleep at every napping opportunity, (2) how quickly you go to sleep, (3) if you go into deep, restorative, rapid-eye-movement (REM) sleep.

INSTRUCTIONS FOR YOUR MSLT

- Avoid caffeine, smoking, and alcohol on the day of your sleep study and MSLT.
- Adequate sleep should be documented by your Sleep Diary for 2 weeks prior to your scheduled MSLT, please bring this with you the night of your sleep study, completed.
- Any alerting, sedating, and/or REM-sleep modulating prescription medications, OTC (Over the Counter) agents, herbal remedies, and other substances should be stopped at least 2 weeks before your MSLT. **This should have been discussed with doctor during your appointment, so you are aware of what you need to stop.**
- Consult with our clinic before starting NEW prescription or OTC medication(s) before the MSLT.
- Pack a small breakfast and lunch to eat the following day, in the event you stay for your MSLT. You can also have your lunch delivered via family/friend, UberEats, DoorDash, etc. (let your tech know).
- If you take any medicine at night or in the daytime, bring it with you. No medications will be provided by the staff. ***Aside from any medications that you were instructed to stop for two weeks.**
- You may bring reading material and/or pre-downloaded movie(s), WiFi is not available at the sleep lab.
- Bring daytime clothes or something comfortable to change into for the day of your MSLT.

- Completed Sleep Diary Reading material Breakfast / Lunch
 Medication(s) Viewing material Comfortable Clothes to change into

If you have any questions, please call our office.