

# FAQs About a Multiple Sleep Latency Test (MSLT)

### What is an MSLT or MWT?

First you will have an Overnight Sleep Study which will then be immediately followed by an MSLT (Multiple Sleep Latency Test). "Multiple" means there will be multiple naps; "Sleep Latency" is how long it takes you to fall asleep. You will arrive at the sleep center in the evening for your overnight sleep study and remain at the sleep center throughout the next day until the MSLT has been completed. The MSLT is a test designed to measure how sleepy you are. Generally, physicians use these tests to rule out narcolepsy and help identify the cause of daytime sleepiness. The test is a series of naps where we measure how long it takes you to fall asleep.

Conversely, the MWT (Maintenance of Wakefulness Test) is completing several timeframes of staying awake during the day. This test allows us to see if you can stay awake when given opportunities of quiet time.

### Do I spend the night for an overnight sleep study, then the whole next day for the MSLT?

Yes. When you have an MSLT, first you have an Overnight Sleep Study followed immediately the next morning by the daytime MSLT. The overnight study will start at your bedtime the night before and will continue until you awaken on your own in the morning. The MSLT will begin 1.5-3 hours after that wake-up time. Five naps are performed, two hours between each one, so the end of the test is determined by what time the first nap is started. Your technologist can let you know more in the morning upon your awakening.

### What about food and entertainment during the day?

We will have a light breakfast and lunch available to you delivered from the CentraCare Plaza Clinic. Bring snacks if you would like. We ask that you avoid caffeine the day before as well. We provide free wi-fi and cable TV. You are welcome to bring a wi-fi capable device. We also have DVD players if you would like to bring a movie from home.

### What do I wear for the MSLT?

Please wear two-piece pajamas (separate top & bottom). Undergarments do not qualify as pajamas (such as men's boxers) and shorts or sleeping pants must be worn. Even though you may have a favorite night gown or prefer to sleep *au naturel*, two-piece pajamas are a must for the comfort of the technologist performing your study and the need to attach electrodes and leads in various positions (around your waist and legs, etc.)

For the MSLT, you may continue wearing the same clothing as you wore for your overnight sleep test.

### Other important information

- There is no smoking on the grounds of CentraCare health buildings as well.
- Nicotine patches and gum are fine to be used during your tests.
- If you have questions about your prescription medications and if any of them need to be held for the efficacy of the test, please contact your physician.