



HEALTH FOR LIFE

Multiple Sleep Latency Test (MSLT)

What Is A MSLT?

The MSLT is a series of 5 naps taken at 2 hour intervals, starting at approximately 9:00 A.M. This is done the following day after a polysomnogram (PSG) where a recording of the electrical activity of many physical variables that occur during sleep. The MSLT determines how long it takes a person to fall asleep at preset times throughout the day.

How Do I Get Ready For A MSLT?

Please take the following actions to get ready for your MSLT:

- Do not take any naps and do not drink caffeine on the day the MSLT is scheduled.
- Please take and bring all your usual medicine, including emergency drugs that you take when needed (inhalers or nitroglycerin) unless you are told not to by your doctor. Also, bring aspirin or tylenol if you take them for pain or headaches.
- Eat your normal diet.

What Will Happen During A MSLT?

There will be little or no discomfort from the MSLT. Small electrodes or patches will be glued to your scalp and various areas of your body. Some equipment will be attached. For example a probe clipped on your finger and air flow devices taped to your nose and mouth will be attached.

You will sleep in a darkened private hospital room. The room consists of a hospital bed, bathroom with shower, television, telephone and some of our medical equipment. You will be watched closely via an infrared close circuit system and intercom system by a sleep technologist during your recording. Breakfast and lunch will be provided the day of your MSLT.

The test will consist of 5 timed naps taken at 2 hour intervals starting about 9:00 A.M. and ending about 6:00 P.M. To keep awake between the 5 naps, please bring something with you to occupy your time. Please plan on being at the Sleep Center from 8:30 P.M. when the PSG starts, until approximately 6:00 P.M., when the MSLT is finished.

What Will Happen After The MSLT?

The electrodes will be taken off your skin. There may be some residue left in your hair. This residue is usually removed by washing and combing with a fine-tooth comb.

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Sleep Disorders Center
Division of Sleep Medicine
The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other formats for people with hearing, vision and language problems. Call 3-3191 for more information.