



BURNSIDE SLEEP CENTRE

SLEEP STUDY INFORMATION - MSLT

What is an MSLT?

A Multiple Sleep Latency Test is designed to assess an individual's level of sleepiness and tendency to sleep during the day. The procedure is performed on the day following an overnight sleep study and involves a series of daytime naps conducted at two hourly intervals.

Preparation for an MSLT

The week preceding your sleep study you will be asked to complete the attached *Sleep / Wake Diary*. This diary provides detailed instructions and a graph for recording your sleep routines.

During the week prior to your test, it is also asked that no new medication are started and any stimulant medications are suspended. All other types of medication should be taken as per usual.

It is also important that you follow a "normal" sleeping schedule for the 3 days prior to your test, i.e. not more and particularly not less sleep than usual.

The night before an MSLT

The night before the MSLT you will be required to arrive at the hospital at 7.30 and undertake an overnight sleep study. This study provides an objective measurement of your sleep (instructions for your overnight study are provided in the attached Burnside Sleep Centre brochure).

On the day of an MSLT

On the morning of your study you will be woken at approximately 7:00am. You will be asked to dress in comfortable clothing and will given breakfast. On the morning of your study we ask that you refrain from drinking beverages that contain caffeine such as tea and coffee.

Please note, since the study is examining how sleepy you are during a normal day, we ask you to bring clothes in which to nap, not night clothes. The clothes should be reasonably comfortable but they must be typical of your usual daytime attire.

During the day you will undergo a series of nap sessions conducted at two hourly intervals, finishing between 3:00 and 6:00 pm (the finishing time is dependant on the number of tests required, which will be determined on the day). Lunch will be provided.

Between nap sessions you will be required to remain awake, so it is recommended that you bring something to keep you occupied, such as reading material (a television is provided).

If you have any further queries please do not hesitate to call one of our technicians in the Sleep Centre on ph. 8202 7272.