

## Instruction for MULTIPLE SLEEP LATENCY TESTING (MSLT)

The purpose of this study is to document any excessive daytime sleepiness you may be experiencing. You may be having this test as a requirement for your job if you drive a truck or operate heavy machinery, if you have been diagnosed with Obstructive Sleep Apnea and use CPAP, or if you are sleepy during the day even after sleeping well the night before. Please read the instructions and information below:

You may be staying over for this test after having had nighttime sleep study. It's preferable to do this study after a night of sleep study testing. Make sure you have not taken any medication that may make you sleepy the day before your test. Your doctor may have instructed you to discontinue some medications, but if not, continue any medications that you normally take. Do not consume alcohol or caffeine prior to arriving at the sleep center.

In preparation for your study a few electrodes will be placed on your head to monitor brain waves for signs of sleepiness and on the chest to monitor the heart. You may be asked to fill out a questionnaire about your night's sleep and complete a form called the Epworth Sleepiness Scale.

The MSLT is a regimented test and the protocol must be followed exactly. The test consists of an opportunity to nap every two hours. The naps will be exactly at 8am, 10am, 12noon and 2pm. If you fall asleep during any of these naps and go into a particular stage of sleep called REM stage or rapid eye movement sleep, you will need to stay for a fifth nap at 4pm. The technologist performing your study will decide if you need to stay for the extra nap.

Before each nap you will be shown the Stanford Sleepiness scale and asked to pick from 6 sentences that describe how you most feel at the moment. You may only pick one. After each nap you will be asked "Did you fall asleep?" "How long do you think it took you to fall asleep?" "How long do you think you slept?" and "Did you have any dreams? ".

Between naps, you will be required to remain out of bed, out of the room you are napping in and you must stay awake. You may bring a book to read or you may watch television in the Sleep Center waiting area. You may bring a snack or meal; there is a microwave and refrigerator available.

Alcohol and caffeine consumption is not allowed before or during the test and possible effects of unreported medications and/or recreational drugs are assessed via a urine drug screen on the day of the MSLT. The technologist performing your study will assist you with this.

**IMPORTANT!! MOST INSURANCE COMPANIES REQUIRE PREAUTHORIZATION FOR SLEEP STUDIES.** As a courtesy to you, Pulmonary & Sleep Specialists, PC will complete the paperwork and obtain the preauthorization for you. The preauthorization is valid only for the date of your sleep study. If you fail to keep your sleep study appointment or reschedule your study for another date, the preauthorization will have to be resubmitted for the new date. Due to the labor intensive nature of scheduling and obtaining preauthorization for sleep studies, Pulmonary & Sleep Specialists, PC requires that you give at least 48 hour notice when cancelling/rescheduling your sleep study. If you fail to give a 48 hour notice of cancellation you will be billed a \$150 service charge.