



PHELPS COUNTY REGIONAL MEDICAL CENTER

Multiple Sleep Latency Test (MSLT)

Neurodiagnostics/Sleep Lab telephone: (573) 458-7650

What does an MSLT consist of?

An MSLT consists of a series of five, twenty-minute long nap opportunities scheduled two hours apart. Data is recorded that tracks the length of time it takes for patients to fall into any one of the five stages of sleep. This data is accumulated over the five naps and a sleep physician is able to determine the severity of a patient's day time sleepiness.

What are some of the reasons for having an MSLT?

- To test for a medical condition known as narcolepsy.
- To help determine the origin of daytime fatigue and tiredness.
- To help your physician determine whether your sleep/breathing disorder treatment is effective.

What is the procedure for having an MSLT?

All patients who undergo MSLT testing are required to have an overnight polysomnography (sleep study) prior to the MSLT unless they are previously diagnosed with narcolepsy. Once your sleep study has concluded, a technologist will wake you up and remove some of the non-essential recording electrodes. At this point you are able to get up and move around as you wish. A urine toxicology screen will be ordered for you to be completed by the time the fourth nap begins. This is done to rule out the possibility of a patient knowingly or unknowingly ingesting medications that have an adverse effect on sleep.

After you have been awake for two hours the first nap period can begin. A technologist will help you to get back into bed and into a comfortable position. You will be asked to perform a series of simple tasks that help the technologist verify signal quality. Once the technologist has finished calibrating the equipment your nap period will begin with a verbal "good night".

The technologist will determine the length of each nap period based on whether or not sleep is seen during that particular nap period. Nap periods range in length from 16 minutes (if sleep is seen in the first minute of the nap) to 35 minutes if sleep is achieved in the twentieth minute of the nap. If no sleep is achieved the nap period will be 20 minutes in length. Data from all five naps is used to determine the severity of your daytime fatigue/tiredness. After the final nap period the electrodes are taken off and any remaining paste is washed out of the hair.

There are no side effects from the test and you are free to go home at that point. A sleep lab physician will interpret your data and a report will be sent to your referring physician. Your physician will go over those results with you and determine the appropriate course of follow-up care.

Your appointment, date and time: _____.