

THE SLEEP DISORDERS CLINIC

Medical Director: Dr Raymond Gottschalk

55 Frid Street, Unit 7, Hamilton, Ontario L8P 4M3
282 Linwell Road, Suite 118, St. Catharines, Ontario L2N 6N5
CMH, 700 Coronation Boulevard, Cambridge, Ontario N1R 3G2

Phone: 905-529-2259 Fax: 905-529-2262
Email: reception@sleep-clinic.ca
Website: www.sleep-clinic.ca

MULTIPLE SLEEP LATENCY TEST (MSLT)

MSLT: The Multiple Sleep Latency Test is used in the diagnosis of narcolepsy. It consists of 4 to 5 naps approximately 20 minutes in length that span over the entire day. During these naps, you should lay quietly and try to drift off to sleep. You will not be able to sleep between the designated naps, you may read, watch TV or converse with the other patients.

An overnight sleep study will be scheduled the night before the MSLT test and you will be at the clinic until approximately 5:00pm the following day.

Location: 55 Frid Street, Unit 7, Hamilton, Ontario.

Clothing: Please wear two piece sleep wear **to your** overnight sleep study and you will be required to wear it during the MSLT test

Showers: Please have a shower/bath prior to coming to the office for the study as the electrode adhere to clean skin.

Alcohol: Alcohol should not be consumed the day prior and the day of the study.

Caffeine: Please avoid all caffeine drinks prior to the test and day of testing.

Medicine: Please bring any medications that you normally take, and if you are using Ritalin or any stimulant please stop 7 days prior to the test or as directed by you physician.

Food: Please bring food or drink that you may want to consume during the day. A refrigerator, microwave and toaster oven is available for your use.