

## MULTIPLE SLEEP LATENCY TEST (MSLT)

The Multiple Sleep Latency Test (MSLT) is used in the diagnosis of narcolepsy. It consists of 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.

**\*\*\* PLEASE COMPLETE THE TWO WEEK SLEEP DIARY AND BRING IT WITH YOU TO YOUR APPOINTMENT AS THIS IS NEEDED TO INTERPRET THE SLEEP STUDY \*\*\***

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.

**Arrival time:** [Hamilton location](#) –At your designated arrival time.

**Prior to Arrival:** Please have a shower/bath prior to coming in for your test as electrodes adhere best to clean skin.

**Clothing:** Please bring a two piece sleepwear for your appointment.

**Alcohol:** Alcohol is not to be consumed the day prior and on the day of the study.

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

**Medicine:** Please bring any medications that you would normally take. If you are taking any stimulants or antidepressants, please follow the instructions provided to you by your sleep specialist.

**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.

**What to bring:** Health Card, medications, two-piece sleepwear, reading material and/or personal device. If you have your own CPAP machine, please bring your mask and tubing only for the sleep study.