

Pulmonary and Sleep Associates of Marin



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ADULT PATIENT INSTRUCTIONS FOR MSLT

- The Multiple Sleep Latency Test (MSLT) is an objective measure of sleepiness. It is done the day after an overnight sleep study or polysomnogram (PSG). It consists of 4-5 nap opportunities performed at two-hour intervals. The initial nap begins 1.5- 2 hours after termination of the night study. The typical nap schedule is: 8 AM, 10 AM, 12 PM and 2 PM, and if needed at 4 PM. But we will try to accommodate your natural wake-up time. Nap trials generally last 20-35 min. You may be at the Sleep Center as late as 5 PM.
- Please do a Sleep Diary 2 weeks before testing to determine whether you have rested enough and what your sleep pattern is. You should try to get at least 7 hours of sleep each night before the test. You may find the sleep diary on our website under patient forms.
- If you are a shift worker or have a delayed sleep schedule, please first discuss this with us ahead of time so that we can accommodate the timing of your study.
- If you are taking prescription medications, your sleep doctor will discuss which ones may impact the results of the test, and whether some should be weaned off 2 weeks prior to the test. Some common medications that may impact the study include: anti-depressants, strong antihistamines, some pain and anti-anxiety medications, steroids, wake promoting drugs or stimulants and marijuana. Please discuss this ahead of time with your sleep doctor. Also please be prepared to let the sleep technologist know the night of the test which medications you took 24 hours prior to testing.
- If you use PAP therapy, please bring your mask. You will be placed on PAP treatment with our equipment during the night sleep study and during the nap trials the next day. We will use the same PAP settings as you use at home. We will not be adjusting your PAP settings during the study.
- Bring/wear loose fitting and comfortable clothing. You may also bring breakfast, lunch, snacks and drinks with you, but do not bring anything with caffeine or tea. You will be allowed to have a light breakfast at least 1 hour before the 1st nap trial, and a light lunch immediately after the termination of the 2nd nap trial.
- Caffeine and nicotine are not allowed the day of the overnight sleep study (PSG) or the day of the MSLT. Please discuss any concerns you may have with your sleep doctor before your testing date.
- You can also bring books or a digital device to use in between naps, but you will be asked to stop any stimulating activity or use of technology *at least 30 min before each nap*. You must stay out of your bed between naps. You will be audio-visually monitored throughout your MSLT. You will not be allowed to do vigorous exercise or get prolonged sun/artificial light exposure between naps. There will be no visitors allowed, unless it's an essential caregiver or parent, in the case of minors.