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Associates of Marin*



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## **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. It consists of 5 nap opportunities performed at two-hour intervals. The initial nap begins 1 hour 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. Naps generally last 20-30 min. You may be at the Sleep Center until 5 PM.
- Do a Sleep Diary 2 weeks before the test 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.
- 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 two 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 let your sleep doctor know if you are taking any over-the-counter agents, herbal remedies or other substances.
- 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.
- Caffeine and nicotine are not allowed the day of the MSLT.
- You can also bring books or a personal computer 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 bed between naps.
- If you have any questions, please call the Sleep Center at 415-878-0225 x 2.