

# Sleep Study

## Multiple Sleep Latency Test (MSLT)

### Marshfield Medical Center–Marshfield

Your provider has scheduled you to have a multiple sleep latency test on \_\_\_\_\_.

Check in at the Sleep Medicine on the ground floor, Desk GB at \_\_\_\_\_ a.m.

Other \_\_\_\_\_.

If you need to cancel or reschedule your appointment for any reason, call Sleep Medicine as soon as possible. The phone numbers for Sleep Medicine are: **715-221-6001** or **1-800-782-8581 ext. 1-6001**.

The Sleep Center's private bedrooms are similar to hotel rooms. The rooms are supplied with pillows, blankets, towels, and wash cloths. In addition, a private bathroom with a shower is available in each room. Handicapped facilities are also available.

A multiple sleep latency test (MSLT) is done during the daytime. The MSLT consists of a series of 20-minute naps, during which you try to fall asleep. During the trials, your brainwaves are recorded with electrodes attached to your head to determine if you are awake or asleep. The test is given every 2 hours throughout the day. It will take most of the day to complete and you will be done between 2:30 and 4:30 PM.

In order for the testing to be accurate, you must remain awake between naps. Bring something to read or work on if possible. A TV with a DVD player is provided in each room to watch during the day to help keep you occupied between naps. Feel free to bring in your own DVDs to watch in-between naps. WIFI is also available.

Bring any medicines or supplies you are currently using and take them as usual, unless otherwise directed by your doctor.

Wear comfortable clothing. Leave jewelry at home.

Meals are not provided but can be purchased in the cafeteria. If you wish to bring food from home, a refrigerator and microwave are available to use.

You are asked to avoid any stimulants, including caffeinated beverages such as coffee, tea, soda, or chocolate during the day of testing.

For patient's 18 years and older, bring a photo id for drug urine screen done once in-between naps.

You must not smoke for at least 30 minutes before each nap.

After the study the technologist will remove the electrodes. You may shower once you are unhooked. Towels are provided, but bring your own soap and shampoo from home.

After the test is completed, it will be reviewed by the sleep medicine doctor. The results will be discussed with you during a follow-up appointment.

