



CENTER FOR PEDIATRIC SLEEP MEDICINE

Multiple Sleep Latency Test (MSLT)

The MSLT tests for daytime sleepiness by measuring how quickly you fall asleep in a quiet environment during the daytime. Also known as a day-time nap study, the MSLT is the standard tool used to diagnose narcolepsy and idiopathic hypersomnia.

Excessive daytime sleepiness occurs when you are sleepy when you should be awake and alert. A Sleep Medicine Provider will recommend an MSLT if he or she suspects you have excessive daytime sleepiness related to narcolepsy or hypersomnia. This test is offered at AASM-Accredited Sleep Centers, and a Board-Certified Sleep Medicine Physician will review the test.

The MSLT is a full day test following the night-time sleep study. We usually wake you up around 5:30 to 6:00 a.m. after you sleep for at least 7 hours. Then, you must stay awake until we start the first nap session, usually around 7:00 a.m. The test consists of five scheduled naps occurring every two hours with breaks in between. During each nap test, you will lie quietly in the bed, we will turn off the lights, and then you will try to fall asleep. If you do not fall asleep, we record for 20 minutes and then the session will end. If you fall asleep during the 20-minute period, we extend the nap for an additional 15 minutes. When the nap session ends, the tech will enter the room to turn the lights on, and you must remain awake until the next session.

**Please note that in the morning, we will need to obtain a urine sample from you. If the urine is positive for Marijuana, THC, or CBD, we cannot interpret the test. Please alert us as soon as possible if you may test positive. This process is standard for all MSLTs.*

**Our facility does not have a food service, so please bring breakfast and lunch, or you may order out. There is a microwave and refrigerator that you are welcome to use.*

Many medications interfere with the MSLT. Your sleep medicine provider may recommend you stop taking some of your medications prior to the study; these medications should be resumed after you have completed the test. **Please get clear guidance from your sleep medicine provider before stopping any medications.*

**To ensure accurate results of the test, you will need to get adequate sleep each night for the two weeks prior to the test. Please record how much sleep you get each night on the form on the reverse side of this sheet. A wearable device, such as a smart watch, is very helpful in recording hours slept. Please provide this form to the sleep tech the night of the study.*

If you have any questions regarding this test, please call our Sleep Lab at 757-668-9466.

Sleep Center Sleep Log for 2 Weeks Prior to MSLT

1. Write in the dates for the 2 weeks prior to your MSLT in the left-hand column.
2. Shade the times your child was asleep for each night starting on that date. Each box represents one hour.
3. Put a down arrow (↓) at the time your child went to bed and an up arrow (↑) at the time they awakened. Note the exact times, if possible (e.g., from tracking with a smart watch).

Date	Day	7 pm	8 pm	9 pm	10 pm	11 pm	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	Total hours of sleep
Example 5/25	Day 1																									
Week 1																										
	Day 1																									
	2																									
	3																									
	4																									
	5																									
	6																									
	7																									
Week 2																										
	8																									
	9																									
	10																									
	11																									
	12																									
	13																									
	14																									

_____ Date of PSG/MSLT (the night you arrive)

***Please aim to get 8-9 hours of sleep each night and try to avoid naps to improve the accuracy of the study.**