Multiple Sleep Latency Test (MSLT)

The MSLT is a series of 5 naps taken at 2 hour intervals. This test is done the day after an overnight sleep study, also called a polysomnogram (PSG).

The MSLT determines how long it takes a person to fall asleep at preset times throughout the day. Each nap allows a recording of the electrical activity in your brain and your oxygen levels, and how it relates to your sleep pattern.

Preparing for the Test

- Wash your hair and be sure it is dry before you come for your study. Do not use any oils, sprays, gels, mousse, or lotions on your clean hair.
  - Do not take any naps and do not drink caffeine the day your polysomnogram.
- Take all of your medicines, unless your doctor tells you to stop them before the study. Bring any medicines with you that you need to taking during your time in the sleep lab.
  - If you have emergency medicines such as inhalers, nitroglycerine or Tylenol, bring those with you unless you are told not to do so by your doctor. The sleep lab does not provide any medicines.
• Follow your usual diet before the test. Breakfast and lunch will be provided the day of your test.
• Other items you may want to bring with you:
  ▶ Something comfortable to sleep in
  ▶ Toiletry items, and change of clothing
  ▶ Items to keep you busy when awake, such as books or magazines, or laptop, and music

**During the Test**

You will sleep in a darkened private room. The room has a bed, bathroom with shower, television, and telephone. The same testing devices used for your PSG are used for the MSLT. The test is 5 timed naps taken at 2 hour intervals **starting at 8:00 am and ending at 5:00 pm.** You will be watched closely by a sleep technologist during the test.

**After the Test**

The electrodes will be taken off your skin. If there is residue from the glue used in your hair, it can be removed by washing and combing with a fine-tooth comb.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.