



## **Multiple Sleep Latency Testing**

Dear Patient,

You are scheduled to have a sleep test called Multiple Sleep Latency Testing. This test is performed immediately following a full sleep study. Your physician has ordered this test to evaluate any unusual or inappropriate sleepiness that you may be experiencing. The MSLT involves a series of 5 naps performed every two hours during your normal waking hours. We will perform the first nap about 2 hours after you wake up from a 6-8 hour sleep period. You will have some wires (electrodes) on your head and face to monitor your brainwaves when you are napping. Do not worry about whether you can or cannot sleep during the naps. These naps are performed to look at your brainwaves in great detail and if you are not sleepy, you will be instructed to lie quietly in the bed with your eyes closed.

As you will be at the sleep lab for an extended period of time, we do want that time to be relaxing and enjoyable for you. We do have a refrigerator and a microwave available for your use. We will arrange for food during your stay.

You may wish to bring something to read or work on between the naps. This will help the time pass quicker. We also have Direct TV available in your room.

Please bring all of your routine medications with you as you will need to take them as you normally would. Your physician may have instructed you to discontinue certain medications. If you have any questions about your medications, please call us for clarification at 425-289-3000. If you are a diabetic, please bring your insulin and any glucose testing equipment that you may need.

If you have any special needs that you want to ask about, please call as we want to be sure that we have everything that you will need during the time that you are at our sleep lab for testing.

The MSLT also requires that you do a urine toxicology screening. This test is for routine evaluation of any medications that you are currently taking and also tests for substances that impact the sleep cycle. The technologist will explain the procedure to you at the time of testing.

A technologist will be present at all times during your stay. We look forward to seeing you soon!