



SLEEP DISORDER CENTER

A Sleep Disorders Laboratory

502 East Pine Ave Crestview, FL 32539

151 Mary Esther Blvd. Mary Esther, FL 32569

(850) 689-5496 • (850) 243-4456 • Fax: (850) 689-5497

PREPARING FOR A MSLT

WHAT IS A MSLT?

A MSLT is a study to determine degree of daytime somnolence (sleepiness). It consists of a series of five 20 minute naps separated by 1½ -2 clock hours of time. It is normally preceded by an overnight PSG (Polysomnography) test. Only the EEG (wire leads on the head and face) will be left on the patient. The first nap will begin 1½-2 hours after awakening from the PSG.

WHERE WILL THE TEST TAKE PLACE?

All MSLT tests will take place in the Crestview Lab located at 502 East Pine Avenue. See website for driving instructions (www.sdcfwb.com).

HOW DO I PREPARE FOR THIS TEST?

To prepare for a MSLT test, you will need to bring something to do during the time that you are awake (with lights on), such as a book or DVD player or laptop, etc.. You will also need to bring a lunch for the day of the test, as well as beverages. No caffeinated beverages are allowed on the day of the test. In the week before the MSLT test keep a sleep diary. The blank form is provided as page 2 of this document.

RULES FOR THE DAY OF THE MSLT

- No caffeinated beverages
- No consumption of food or beverages 30 minutes before each test
- No smoking 30 minutes before each test. (we are a smoke free facility, smoking will take place off premises only)
- You must remain awake between naps
- No laying down between naps
- Continue regular use of all prescribed medications (unless otherwise ordered by your physician)

WHEN CAN I GO HOME?

You may leave the facility after the last nap has concluded, the electrodes are removed and the final paper work is complete.

WHEN WILL I GET MY RESULTS?

The results will be available to your doctor within 10 business days. It will be up to your doctor to discuss the results and/or treatment plan with you.

SLEEP DIARY

NAME: _____ DATE BEGUN: _____

BEDTIME	FRIDAY	SAT	SUNDAY	MONDAY	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	AVERAGE
WAKETIME	SAT	SUNDAY	MONDAY	TUESDAY	WED	THURS	FRIDAY	SAT	SUNDAY	MONDAY	
BEDTIME TO NEAREST QUARTER HOUR											
WAKETIME TO NEAREST QUARTER HOUR											
TOTAL SLEEP TIME											
NUMBER OF AWAKENINGS DURING THE NIGHT											
NUMBER OF CAFFINATED BEVERAGES	FRIDAY morning: afternoon: evening:	SAT morning: afternoon: evening:	SUNDAY morning: afternoon: evening:	MONDAY morning: afternoon: evening:	TUES morning: afternoon: evening:	WEDNES morning: afternoon: evening:	THURS morning: afternoon: evening:	FRIDAY morning: afternoon: evening:	SAT morning: afternoon: evening:	SUNDAY morning: afternoon: evening:	morning: afternoon: evening:
Average sleepiness during the day 1-10 1= not sleepy 10=unable to resist sleep	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	