

## Prana Healthcare Sleep Disorder Centers

### Instructions for Multiple Sleep Latency Test (MSLT)

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**This test consists of 5 separate naps spaced 2 hours apart. Recording will take place during each nap session.**

- **We will provide a breakfast and lunch during this procedure and you may bring a snack as long as it does not conflict with our restrictions listed below. Any medications taken during the day must be reported to the technologist so the information may be entered into your chart.**
- **Please prepare yourself for a long day as there is about 1 ½ hours of free time between recording sessions. You may wish to bring reading material or video/DVD movies to watch on our television. The electrodes placed on your scalp will not be removed until the end of the day.**

#### **The following restrictions apply during this test:**

Your will need a sleep study on the night preceding MSLT. If you are on CPAP/BiPAP/ASV the study will be conducted on CPAP/BiPAP/ASV device

**PLEASE MAKE SURE TO COMPLETE TWO WEEKS OF SLEEP LOGS PROVIDED TO YOU AND BRING THEM TO YOUR SLEEP STUDY.**

- NO Caffeine. This includes all caffeinated drinks and chocolate.
- NO Smoking 30 minutes prior to each nap.
- NO sleeping between recorded naps.
- NO Stimulants (Modafinil (Provigil), Armodafinil (Nuvigil), Amphetamines (Adderall, Vyvanse and similar), Methylphenidate (Ritalin, Concerta and similar), Other Stimulants to stay awake, Any recreational substance (including but not limited to Marijuana, CBD, cocaine, speed or other street drugs) 2 weeks prior to the test.
- No alcoholic beverages the night before or the day of the test

IF and only IF instructed by your provider, please stop Antidepressants for at least 2 or more weeks prior to MSLT.

It is important you follow these instructions very carefully. Plan to have your whole day occupied from 7:00 AM to 5:00 PM Please call (910) 824-7619 if you have any questions.

Thank You,

Prana Health Sleep Disorders Center Staff