



Instructions for patients

MULTIPLE SLEEP LATENCY TEST (MSLT)

Purpose of the test

The purpose of this test is to measure the time it takes for you to fall asleep and the quality of your sleep, for example to discover the cause of daytime fatigue or diagnose possible narcolepsy.

Course of the test

The test begins at 7:30 am and takes the whole day. The test will be performed by a nurse. Small electrodes will be attached to your scalp and face for the duration of the day. There are usually four registration sequences: at 8 am, 10 am, 12 pm and 2 pm. You can move around freely between the registrations. You will be served lunch at about 11:30 am. On the day of the test, please wait until the test is over before drinking coffee, tea and cola/energy drinks or using other stimulants.

Preparations

You will need to keep a sleep diary for 1 to 2 weeks before the test. Try to sleep as regularly as possible for a week before the test. You should sleep normally the night before the test. On the day of the test, you will need to wake up at 6:00 am at the latest. You should eat breakfast before the test if possible, but please do not drink more than one cup of coffee.

You should wash your hair on the day before the test, but please do not use any hair gel or hair spray afterwards. The scalp needs to be dry when you arrive for the test. It is particularly important to wash your hair carefully if you are a welder, because metal particles in the hair often cause technical problems. Please shave in the morning of the day of the test (this does not apply to a full beard, though).

You should take your regular medication as usual. Please avoid using alcohol for a week before the test.

The doctor will prepare a statement on the test. It will be sent to the doctor responsible for your care.

You can bring e.g. a book, a handicraft or a laptop computer with you to help pass the time.

You should return the completed sleep diary when you arrive for the test.