

# ALABAMA NEUROLOGY & SLEEP MEDICINE

## **MULTIPLE SLEEP LATENCY TEST (MSLT):**

A Multiple Sleep Latency Test is a nap study required to diagnose certain sleep disorders. Most patients do not need an MSLT. These tests are performed during the daytime after you have had an all-night study. The MSLT consists of four or five short naps throughout the day at two-hour intervals. The naps usually last from 20-30 minutes.

Certain medications can interfere with an MSLT's results. Please be sure that you discuss all of your medications and any other supplements you may be taking during your office visit. Please call us at **(205) 345-3881** if you are unsure about instructions you were given for the MSLT or for discontinuing medications.

## **HOW TO PREPARE FOR A MSLT:**

An MSLT requires a full day to complete. Breakfast and lunch are provided for patients having daytime studies. Please do not bring any caffeinated drinks. Make sure you bring projects with you to keep you occupied during the time you are awake. You can bring in laptops, tablets or books to help you stay awake between naps.

Avoid stimulants such as Ritalin, Adderall, Dexedrine and other amphetamines as well as Provigil (modafinil) and Nuvigil (armodafinil) for 2 weeks prior to the study (unless otherwise instructed).

Certain antidepressants can also affect the MSLT and should be discussed prior to the study.

The test is usually done by 5:30 PM, but some patients are through as early as 3:30 PM.

Source: [www.sleepfoundation.org](http://www.sleepfoundation.org)