

# WHAT IS MSLT (MULTIPLE SLEEP LATENCY TEST)?

## Before the procedure

## The day of the procedure

## During the procedure

## After the procedure

## Test results

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## What Is MSLT (Multiple Sleep Latency Test)?

- The MSLT is used extensively to test for narcolepsy, to distinguish between physical tiredness and true excessive daytime sleepiness, also known as a daytime nap study.
- These studies usually include an overnight sleep study, followed the next day by a series of four or five 20 minute nap opportunities set two hours apart.
- The set-up is similar to that used for a polysomnogram (PSG).

### Before the procedure

- **Please bring your Emirates ID and insurance card.**
- **Please arrive 15 minutes before your scheduled appointment.**
- You will meet with a Patient Access Representative (PAR) at the registration desk, who will review your medical insurance card, Emirates ID and perform your registration check in.
- Avoid taking any naps all day. Sleep logs may be acquired for one week prior to the MSLT to assess sleep-wake schedules, also known as sleep hygiene.
- Your hair should be clean and dry for the sensors to get a good contact. Do not apply any hairspray, styling mousse or gels to your hair.
- You may bring something to pass the time, such as a book, handicrafts, or crossword puzzles, as you must stay awake in the periods between the actual testing sessions.
- **Part one:** PSG, or overnight sleep study, for at least six hours monitored sleep.
- **Part two:** MSLT, which includes a series of four to five 20 minute naps. The MSLT will last most of the day.

## The day of the procedure

- You are not allowed to have any caffeinated beverages and foods such as tea, coffee, colas and chocolate, at least 24 hours before your scheduled appointment.
- You will see a Sleep Technologist and nurse on the 10th floor, who will take your vital signs and start the procedure.
- You will be asked to perform simple tasks to test that the equipment is working properly.
- Following the standard PSG study, some of the monitoring devices will be removed and you will spend the day at the Sleep Disorders Center.
- MSLT is performed three hours after the sleep study is over, at around 8:00 or 9:00 am.
- You may be required to take a drug test in the morning. The drug test is to ensure that the MSLT will be accurate.
- After the test, you will be asked to complete a mandatory questionnaire.
- No mobile phone usage is allowed during the test.

## During the procedure

- You must not consume any beverages or foods that contain caffeine.
- During the PSG study, a technician will apply electrode wires to your head, torso and legs. You will then sleep for approximately six hours.
- During the MSLT, smoking should be stopped at least 30 minutes prior to each nap opportunity.
- During the MSLT, you will be given four to five opportunities to nap, with approximately two hour breaks in between each nap. You will be asked to keep active and awake until it is time for the next nap trial to begin.
- Once enough data is collected, the MSLT is over and you will be able to leave the Sleep Disorders Center.
- No mobile phone usage is allowed during the test.
- **Please be on time for your appointment, otherwise it will be rescheduled.**

**Note:** Please notify the call center if you will be late for your appointment. The grace period is 30 minutes only.

## After the procedure

- After the procedure, all wires will be removed and a nurse will check your vital signs.
- When indicated, a nurse will review your discharge instructions and Sleep Technologist will provide a discharge reminder on when you will receive your results.
- You have the option to take a shower before being discharged.

## Test results

- You will meet with a Patient Access Representative (PAR) at the registration desk who will review your follow-up appointment schedule.
- Results will be released by the HIMS (Hospital Information Management System), located on Level P1, after seven working days. During your follow-up appointment, your physician will discuss your test results with you.

If you have any questions or concerns, please call Cleveland Clinic Abu Dhabi at **800 8 CCAD (2223)**, extension 19064.

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