

**S**noring  
**N**arcolepsy  
**O**bststructive sleep apnea  
**R**estless legs  
**E**xcessive daytime sleepiness



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## **Information For MSLT Patients**

Background Info: an MSLT is a Multiple Sleep Latency Test. The purpose of this study is to test your degree of hypersomnolence (sleepiness). The technician on duty will place you in a darkened room and ask you to try and sleep, for approximately 30 minutes. Following the 30 minutes testing, you will have a 2 hour break. In this break you may do anything you like except sleep or any strenuous activities. You must stay at the clinic during this time. After your 2 hour break, the technician will commence your second 30 minute testing. There will be 4 to 5 tests to complete through the day.

We require you to sleep at the clinic the night prior to this test. This is done so that we can objectively ensure you have a good night's sleep, and analyse your sleep to ensure there are no disruptions that may cause you to feel excessively sleepy the next day.

If you are on CPAP therapy, ensure you bring your mask with you as you will use CPAP on the night prior to your MSLT study.

If exclusive lateral sleep has been recommended, ensure you try to sleep exclusively on your side the night prior to your MSLT study.

If Madopar treatment or any other treatment has been recommended for your Restless Legs or Periodic Limb Movement Disorder, ensure you take your medication as usual on the night prior to your MSLT study.

When you arrive at the clinic the technician will apply a number of different sensors to your head and face for the physiological recordings. These sensors will need to stay on you for the night's testing, as well as your MSLT testing throughout the day.

You will be required to wear two piece sleeping attire during the night testing, as well as during the day for your MSLT testing.

Please bring enough food and drink to last you the day, however you must AVOID CAFFEINE on the day of your MSLT study. This means no coffee, tea, coke or energy drinks (eg: Red Bull, V, etc).

If you smoke, you cannot smoke 30 minutes prior to each testing period. Your technician will advise you of this on the day.

At some stage during the day the technician on duty will ask you for a urine sample. This urine sample is sent to QML pathology to see if there are any further causes of your sleepiness, as well as ensuring the validity of the MSLT conducted.

You should be ready to leave the clinic by 4:30pm (however on occasions the testing can go up until 6pm). If you have any other question please ask the technician on duty.