



MULTIPLE SLEEP LATENCY TEST (MSLT)

A medical expert (a pneumologist or neurologist) has prescribed a multiple sleep latency test (MSLT) for you. The MSLT will take place during the day at the hospital; however, it is always **preceded the night before** by another test - **polysomnography** (the letter explaining that test has already been sent to you).

The **multiple sleep latency test** is basically an analysis of cerebral activity over a complete day. It is used to diagnose certain diseases responsible for the onset of paradoxical sleep (REM sleep), and to explore your daytime hypersomnia (light to excessive sleepiness during the day). The MSLT can be used in the diagnosis of narcolepsy (sudden overwhelming bouts of drowsiness during the day) or idiopathic sleepiness (unknown cause). This test can also be used to determine CPAP treatment efficacy for sleep apnea.

PREPARATION

The evening before the test:

- Avoid drinking alcohol in the evening.

On the day of the test:

- Do not drink coffee or other caffeine products.

PLEASE NOTE: The MSLT cannot be administered if you were deprived of sleep in the days preceding the test, or if you work at night and sleep during the day.

CANCELLING A TEST

If you need to cancel your test, please contact us as soon as possible at:

- 819-346-1110, ext. 21315
(from 7:30 a.m. to 3:30 p.m.)
- 819-346-1110, ext. 12244 (after 3:30 p.m.)

WARNING! If there is an unmotivated absence from the test, your name will be put back on the waiting list. (Please note that it can take months before you get another appointment.)

ITEMS TO BRING TO THE HOSPITAL

- **You must absolutely bring the sleep diary you were given as it is essential for diagnostic purposes. The MSLT test cannot be administered without your sleep diary.**
- Your medications
- Meals for breakfast and lunch or money to purchase food. You can also bring healthy snacks that you can eat between naps.
- Light, comfortable clothes.
- Books, magazines, crossword puzzles, and so on to keep you busy when you are awake.
- Tablet and cell phone use is to be avoided as using a screen could void your test. If you absolutely must use a screen, activate your device's blue light filter.

ON THE DAY OF THE TEST

- In the morning, after your **polysomnography** test, we will wake you up at around 5:45 a.m. You will then be allowed to eat and required to come back to the reception desk by 7:45 a.m. to register for your MSLT.
- A staff member will take charge and see to it that the test proceeds as required, that the data is registered, and that you are comfortable.
- Over the next 4 to 5 naps that you will take at predetermined hours, you will be asked to relax and to allow yourself to fall asleep. Naps will take place in a room with dimmed lighting. Your brain waves will be recorded using an electroencephalograph (EEG).
- During the 2 hours between naps, you will need to entertain yourself in order to avoid falling asleep. Each nap will last a minimum of 20 minutes.

GETTING THE TEST RESULTS

Your test results will be available 2 to 4 weeks after your appointment. They will be given to the medical expert who prescribed the test. You must contact him to schedule an appointment to obtain your test results.

DO YOU HAVE ANY QUESTIONS?



santeestrie.qc.ca/imaging



Info-Santé 811

OR

Speak to your prescriber.

**Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke**

Québec 

Authors

Sleep medicine laboratory team

Approval

Louise Guertin, respiratory therapy department head

Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

© Centre intégré universitaire de santé et de services sociaux
de l'Estrie – Centre hospitalier universitaire de Sherbrooke, 2021

santeestrie.qc.ca

June 2021 – 4-6-10589 (French version) | 4-6-10590 (English version)