

A Multiple Sleep Latency Test (MSLT) has been scheduled for you. This is a daytime study. Please arrive at the directed time for check in. If this appointment needs to be rescheduled or canceled, it is very important to contact the sleep lab as soon as possible.

You insurance will be contacted and pre-authorization will be obtained if necessary. Pre-authorization is not a guarantee of benefits; payment of benefits is reliant on medical necessity. This study is an outpatient test, which your physician has ordered based on medical necessity.

It is important you bathe/shower the morning of you study and avoid use of any creams, lotion, hairspray, mousse, or gels, so that electrodes will make the best possible contact. For males, gym shorts work best. Pajamas or comfortable loose clothing will be fine for females. PLEASE avoid caffeine the AM of you study, ie: coffee, tea, chocolate, and soda containing caffeine. Bring you own pillow if you desire.

It is important that you sleep 7-8 hours per night for the 2-3 nights before the study.

Electrodes will be attached to you head to measure brain waves, to your chest to monitor you heart activity, and to you chin to monitor muscle activity. After all electrodes are in place, you will be asked to lie down five times during the day at two hour intervals to take naps.

Measurements will be taken to determine how long it takes you to fall asleep and if you are able to. During the test there will be long breaks between naps, so it is important to bring something to do during those times. You are free to bring your own food or have delivery. Depending on the lab there are DVD players, cable, microwave, and refrigerators may be available.

If you have further questions, please contact the sleep lab. For scheduling questions and changes please contact us. We look forward to working with you.