

**INFORMATION AND INSTRUCTIONS:  
MULTIPLE SLEEP LATENCY TEST (MSLT)**

**SLEEP STUDY**

**CONSULTATION**

<b>Start:</b>	<b>8:30 PM</b>
<b>End:</b>	<b>5:00 PM</b>

**What to do before the sleep study**

- Start filling out the sleep diary two weeks (14 days) before the PSG sleep study.
- Do not consume caffeine (coke, chocolate, coffee, tea, etc.), alcohol or recreational drugs on the days of your sleep study as they may affect your sleep pattern.
- Refrain from taking naps on the day before your sleep study.
- Take a shower before you come to the lab and do not use any make-up including moisturizer, nail polish or hair gel. Men must clean shave facial hair before arriving, unless a moustache or beard is normally worn (moustache and/or beard are okay, stubble on the chin is not).

**Bring the following items with you**

- Valid OHIP card. *The test is fully covered by OHIP.*
- Completed 14-day sleep diary. A blank will be provided.
- All medications taken on a regular basis. *Please continue taking all your medications as usual, unless specifically instructed by your doctor to do otherwise. The sleep clinic staff will not be able to supply you with, or obtain any medications for you. Let the technologist know, if you have any allergies prior to setup.*
- Sleepwear (or T-shirt and shorts) and toiletries. *Please do not bring expensive sleepwear to the lab, as small pieces of tape may be used to secure some wires to your clothes.*
- Caffeine-free lunch and/or drinks. Meals are not provided. *A small refrigerator is available for your use. There is no cafeteria at our facility.*
- *Optional:* favorite pillow, reading material (i.e. book, magazine), laptop computer or other non-transmitting portable electronics.

**When you arrive at the sleep clinic**

- Plenty of free parking is available at the sleep clinic. When you arrive, please locate the “North York Sleep & Diagnostic Centre/Executive Offices” entrance (with red awning) and ring the buzzer to notify the technologist of your arrival. If you are early, please be patient and wait for the technologist to arrive.
- You must remain in your assigned room or in the common waiting area. Any request to leave the premises, for whatever reason, must be documented and you must be escorted by a technologist.

**MSLT Procedure**

MSLT procedure consists of two sleep studies: an overnight one (PSG) and a daytime one (MSLT). Patients should be prepared to stay at the clinic for duration of *20 hours* in order to complete both tests.

The PSG is frequently used by sleep physicians to evaluate the quality of patient’s sleep at night. The Multiple Sleep Latency Test (MSLT) objectively evaluates a person’s level of daytime sleepiness. The MSLT includes a repeated measurement of *sleep latency* (how quickly a person can fall asleep) across the span of a day. This is done via a series of “nap tests” performed at regular timed intervals throughout the day, usually four or five.

Both laboratory tests are extremely valuable in diagnosis of many disorders, including breathing, sleep, neurological, and movement disorders. The sleep studies are ordered by physicians and are performed in the sleep laboratories specifically designed to carry out these tests. Sleep studies in general are easy to tolerate, comfortable for patients, and give the sleep physician all the information s/he needs to accurately diagnose and treat various types of disorders.

### **What will happen on the night of your overnight study**

For the overnight portion of this procedure, the patient (you) will arrive at the laboratory *at 8:30 PM*. You will then meet with your technologist for the night, a person trained in performing sleep studies. S/he will explain the procedure and perform the study. You will be assigned a room where you will complete questionnaires and prepare for sleep (wash face, brush teeth, change into sleep clothes, etc.). A shower room is available for your convenience.

For studying the quality of sleep, electrodes will be applied to your scalp, sides of the head and under the chin, chest and legs. This will allow for the measurement of brain waves, heart rate, and eye and body movements.

A sensor will also be placed by the nose and mouth for measurement of airflow. Belts will be placed around the rib cage and abdomen for measurement of breathing movements; a clip placed on finger for measurement of blood oxygen levels. Other measurements may also be done as required. The electrodes will be connected to a box beside the bed for relaying the signals to control room. In addition, all patients will videotaped while asleep and are monitored by the technologists from the control room.

*No needles or medications are used*, so that your sleep is as similar as possible to the sleep you normally get at home. Although the sleep study or equipment should not cause any discomfort, you may call the technologist for assistance during the night if there are any problems or concerns, simply by removing the probe from your index finger.



### **The next morning and the MSLT sleep study**

In general, you will be awakened around 6 AM in the morning, after a night of sleep. The MSLT sleep study should begin within three hours from the time you are awakened after the PSG, at 9:00 AM.

The MSLT requires a minimal number of electrodes for recording purposes, which allows you to move around freely between “nap tests”. To ensure the electrodes stay attached, it is suggested that you bring a cap or hat to wear in the event that leaving the room is necessary. It is strongly recommended that you bring something to read or some work with you for the waiting time between trials.

You will be required to spend the majority of the day at the sleep clinic. Usually the MSLT can be completed by 3:00 PM. On occasion, an additional (5<sup>th</sup>) nap test is required, which means that you may not be finished until approximately 5:00 PM.

You should be aware that because sticky paste will be used to attach electrodes to the your head, so you will likely have to take a shower before leaving the sleep clinic. Please bring your own toiletries for this.

### **Sleep study results and follow-up care**

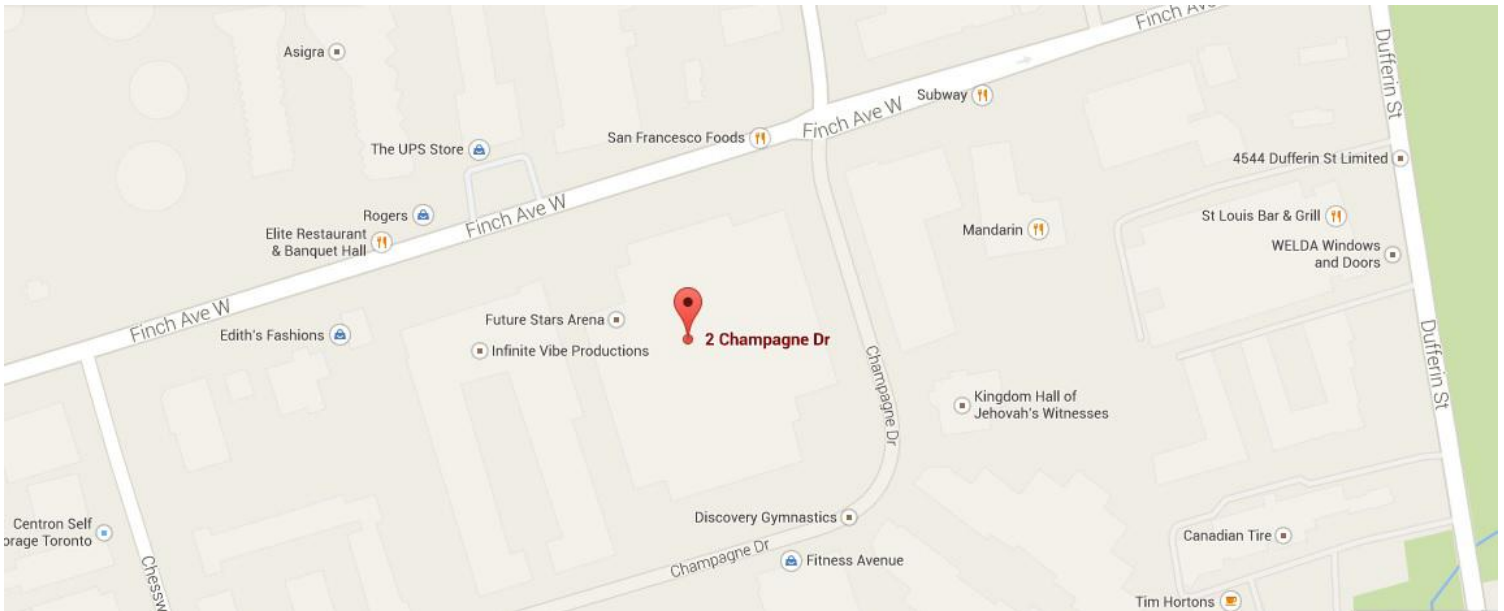
Once the sleep study is completed, it will be processed by a scoring technologist and sent to a sleep specialist for interpretation. When carrying out the diagnosis, the sleep specialist will take into account the two-week sleep diary you had filled out before the PSG + MSLT test. The entire interpretation process will take at least two and up to four weeks.

The results of the sleep study will be sent to the referring physician and your family doctor. If requested by the referring doctor, a follow-up consultation with the sleep specialist will be arranged. This may take an additional two weeks. An earlier appointment will be arranged depending on the severity of your condition.

The general purpose of the follow-up consultation is to obtain the results of your sleep study and treatment recommendations, if necessary. It is recommended that you book an additional appointment with your sleep specialist if additional concerns arise or your health status changes (i.e. change in weight, surgeries or changes in sleep patterns).

## Map & Directions

We are located at the intersection of Finch Ave. and Champagne Dr. (South West Corner). Daytime access is via the main building entrance facing Champagne. Nighttime access is via a dedicated door facing Finch Ave. (Sign posted).



### SLEEP DIARY

Your full name: \_\_\_\_\_ Date of the first day of diary: \_\_\_\_\_

*Fill out this sleep diary every morning for 2 weeks (14 days) prior to your PSG+MSLT sleep study.  
It can help you see what gets in the way of a good night's sleep. It could also help your doctor know more about what affects your sleep.*

Day	1	2	3	4	5	6	7
What time did you go to bed last night?							
How long did it take to fall asleep?							
What time did you get up?							
Did you wake up during your sleep time? How many times? For how long? Did you get out of bed?							
How much total sleep did you get?							
How tired do you feel, on a scale of 1 to 5? (Very tired = 5)							
Overall, how tired did you feel yesterday, on a scale of 1 to 5? (Very tired = 5)							
How unusual or stressful was your day yesterday, on a scale of 1 to 5? (Very unusual or stressful = 5)							

Your full name: \_\_\_\_\_

Day	8	9	10	11	12	13	14
What time did you go to bed last night?							
How long did it take to fall asleep?							
What time did you get up?							
Did you wake up during your sleep time? How many times? For how long? Did you get out of bed?							
How much total sleep did you get?							
How tired do you feel, on a scale of 1 to 5? (Very tired = 5)							
Overall, how tired did you feel yesterday, on a scale of 1 to 5? (Very tired = 5)							
How unusual or stressful was your day yesterday, on a scale of 1 to 5? (Very unusual or stressful = 5)							