



## MSLT/ Overnight Sleep Study Preparations

**MSLT** (Multiple Sleep Latency Test) is a daytime sleep study that is used to diagnose Narcolepsy and Idiopathic Hypersomnia. An MSLT directly follows a Polysomnogram (night sleep study).

**Length of the test:** One day from 8:00 A.M. until 5:00 P.M.

**During your test:** You will take a series of naps. You will lay down every 2 hours and the sleep technicians will measure how deep and how fast you fall asleep. You will be tested for 20 minutes per nap. In between all your naps you will have time to do as you please while at the Sleep Center. You are welcome to bring books, movies, a laptop, homework, etc.

**After the test:** After your last nap the technician will help you remove the sensors. Your test is now complete. At this time, you are welcome to take a shower at the Sleep Center or you may leave when you are ready.

Dr. Jochims will communicate your test results to both you and your referring physician. Results will be available in approximately 1 week after your test.

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My appointment with: **Neurological Wellness Clinic, (262) 522-3070**

**Procedure: Multiple Sleep Latency Test**

**Ordered by: Dr. Sean A. Jochims / \_\_\_\_\_**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ PM / AM

**Location:**

**2301 Sun Valley Dr. Suite 300, Delafield – ProHealth Care Sleep Center, (262) 928-4043**

- Follow up appointments may be done at any of our five convenient locations. Call the Neurological Wellness Clinic at (262) 522-3070 for locations and to schedule appointments.