

What is a Multiple Sleep Latency Test (MSLT)?

The Multiple Sleep Latency Test (MSLT) is the standard test used to diagnose narcolepsy and excessive daytime sleepiness for which the cause is unknown. The MSLT immediately follows an overnight sleep study polysomnogram (PSG).

What should I expect on the day of my study?

- The MSLT begins with an overnight study (PSG) in the lab.
- After you wake up in the morning, you will have a 1-2 hour break. You will then be asked to take a nap every two hours for a total of five naps.
- For each nap, you will lie in bed and try to sleep. You will be woken up after 15-20 minutes of sleeping.
- There is a chance that your MSLT will be canceled if sleep apnea is identified during the night-time part of the sleep study.

What happens once my study is completed?

- Sleep Study results are analyzed by a registered sleep technologist and then interpreted by a sleep specialist physician.
- A report which summarizes the sleep test findings will be forwarded to the doctor who ordered your sleep test. He or she will coordinate the delivery of your results. Study results are not automatically sent to patients.