

Children's MSLT and preparation

An MSLT (Multiple Sleep Latency Test)

is used to diagnose reasons for daytime sleepiness or compulsive tendency to fall asleep. The test is painless and harmless.

The examination lasts from 8:00 am to approximately 5:00 pm.

Before the examination

To ensure good electrode contact, the patient's hair must be clean and dry (no gel, hair spray, or conditioner).

After a whole-night polysomnography, the child will be waken up in the morning at 6 o'clock and they must stay awake until the MSLT examination begins.

The test succeeds best when the child stays calm and relaxed. The child should not be hungry during the test. Energizing drinks, such as coffee, tea, energy or cola drinks, should not be consumed on the examination day.

Complete the sleep diary for one week and bring it with you when you arrive to the test. Bring in something for the child to pass the time with between the examinations because it is required that the child stays awake between the two tests. You must arrange day care for the child's siblings for the duration of the examination. The child can eat and spend time at the ward between the tests.

During the examination

The examination begins with a whole-night polysomnography. The test registers the amount and quality of the child's sleep, and detects any sleep disorders. The MSLT is performed in the morning following the polysomnography.

Wired surface electrodes are attached to the skin of the head with a water-soluble adhesive paste. The electrical activity of the brain is recorded with the help of the electrodes. Additionally, some self-adhesive electrodes are placed on the skin to measure eye and breathing movement, tension in the muscles under the chin, and heartbeat. The same electrodes are used in both the polysomnography and MSLT.

During the registration, the patient will lie on the examination bed in a quiet, darkened room.

Four or five 30-minute registrations are performed every two hours during the day. The examination lasts from 8:00 am to approximately 5:00 pm.

After the examination

You will receive the results of the examination from the doctor who treats you. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

Other things to note

Please take your Kela-card or identification with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come.