

Multiple sleep latency test and how to prepare for it

MSLT (Multiple sleep latency test) is a test that determines reasons for daytime sleepiness or for compulsive tendency to fall asleep. The actual MSLT test is preceded by a home-based actigraphy registration and a home-based polysomnography.

- **Please read the separate instructions on how to prepare for the actigraphy registration** and to see the details of your appointment date.

Polysomnography

The polysomnography is a painless and safe test, where electrodes are attached on the head and the body to measure the quality of sleep, eye movements, muscle tone, and respiration among other things. The polysomnography ensures that there has been an adequate amount of sleep (minimum of 6 hours) on the night before the MSLT registration.

Arrive at the CNP ward for the attachment of the sleep registration device at the designated time. Bring with you a T-shirt on which the belts of the registration device will be fastened. In addition, bring a scarf, other headwear or hooded clothing to cover the electrodes, since they will be left in place for the night.

- In order for the electrodes to have a good contact, your hair should be clean and dry.
- Do not use any hair products.

- Nail polish and artificial nails complicate the registration.

Reserve about 1-1,5 hours for retrieving the device, during which the device will be attached and you will be guided on how the device functions.

Preparing for the MSLT test

You may take your regular medication as usual. Temporary changes to your medication are possible for the MSLT registration. If so, your referring doctor will provide you with instructions. Avoid using temporary sleep medication or alcohol during the 24 hours preceding the examination.

On the day of the MSLT registration, you may bring with you something to help pass the time, as you must stay awake during the periods between the registrations. Please fill in **the sleep questionnaire forms and the sleep diary** prior to the registration day and bring them with you.

On the day of the registration, you are prohibited to drink coffee, tea, or any other beverages containing caffeine, except if you drink coffee regularly, in which case you are allowed to have one small cup of coffee in the morning. If your use of caffeine containing beverages is heavy, it is advisable to reduce the consumption gradually during the week preceding the test.

The MSLT test

On the morning of the test wake up by 7:00 am and **arrive at the CNP ward by 8:30 am**. During the course of the day, four or five registration sessions will be held: about 30 minutes each, at 2-hour intervals. During the registration, the patient lies on a bed in a dimmed room. The electrodes attached for the polysomnography will be used for the MSLT registration.

The registration is finished by 4:00 pm or after a fifth registration by 5:30 pm.

During the day, you have an opportunity to eat at your own expense or bring your own lunch. The test has no after effects.

In order for the test to be reliable, **you will be asked to give a urine sample during the test day**. The sample will be analysed for the use of medicaments affecting vigilance.

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 identity card, driving licence, or passport with you.

- A Kela card without a picture is not sufficient.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.