

*Hendricks Regional Health
Sleep Disorders Center
hendricks.org/sleep
(317) 745-3680*

About your MSLT

Your physician has requested a Multiple Sleep Latency Test (MSLT) to determine the degree of daytime somnolence (sleepiness). The MSLT consists of five napping periods, one nap every two hours. During these nap periods, your brainwaves, muscle activity, and heart rhythms will be monitored using lightweight electrodes that will be attached to your body. There is no pain or discomfort associated with this test.

Preparing for your MSLT*

On the night before your MSLT, and the day of, take prescription medications as you normally do, unless otherwise directed by your physician. Do not consume caffeine. Dress in comfortable clothes. A light breakfast and lunch will be provided. Hendricks Regional Health is a 'smoke free' campus. **Smoking is not allowed.**

Two weeks before your scheduled procedure, begin the sleep journal (attached).

* The MSLT frequently follows an overnight Sleep Study. If this is the case, also review the instructions enclosed regarding your Sleep Study.

What do I bring?

Your room will consist of a bed, a recliner, a private bathroom and a television. You may bring something else to do between napping periods; such as a book, a DVD player, a laptop (the hospital does provide wifi service).

When and where do I go?

Please arrive at the hospital at 7:00 a.m. using the West Entrance. Stop at Outpatient Registration to register for your test. After registering, take Elevator A to the 4th floor to the Sleep Disorders Center.

Once in your private room, a technologist will explain the procedure and begin the hook-up process.

Your MSLT will end about 4 p.m.

Test results

MSLT results are generally available within 7 working days and will be interpreted by a board certified sleep specialist. Your referring physician will be sent the results as soon as they become available.

Cell Phones

You will be asked to turn off your cell phone during the naps.

Special needs

A technologist will call you a few days before your MSLT to confirm your appointment and to answer any questions you may have. If you have special needs, please discuss them at this time. The Sleep Disorders Center can also be contacted during daytime business hours at (317) 745-3680 between 8am-4pm.

Children under the age of 13 will require a parent stay with them. Children between 13-18 may stay by themselves at the discretion of the parent or sleep staff.

Rescheduling your test

If you are not able to keep your appointment, please call our Central Scheduling department at 745-3814 at least 48 hours in advance.

Test date: _____

Test time: _____

Thank you,
Hendricks Regional Health
Sleep Disorders Center