

Multiple Sleep Latency Test (MSLT)

An information guide



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What is a Multiple Sleep Latency Test (MSLT)?

A MSLT is a test to measure how long it takes you to fall asleep. It is performed for diagnosing Narcolepsy and Excessive Daytime Sleepiness.

What happens during the MSLT?

The MSLT consists of five nap opportunities with breaks of one and a half hours in between them.

You will not feel any pain during the MSLT. Electrodes are attached to your head, face and chin using a special type of glue called Collodion. These electrodes send tiny electrical signals to the computer. The signals show when you are asleep and awake during the study.

At the start of each study you will be asked to move your eyes, and clench your teeth. This will make sure the electrodes are working. A low-light video camera allows a Clinical Physiologist to see you from a nearby room.

For each nap trial you are asked to lie quietly in bed and try to go to sleep. Then the lights are dimmed. Once the lights are dimmed, the test will measure how long it takes you to fall asleep.

After sleeping for 15 minutes, you will be awakened. Each trial will end if you do not fall asleep within 20 minutes. Between nap trials, you will have to stay out of bed and occupy yourself so that you can remain awake.

A light breakfast 1 hour prior to the test is recommended and a light lunch will be provided. (Please inform us of any dietary requirements as soon as possible).

Why do I have to come to North Manchester General Hospital?

MSLT investigation is not available at the other hospital sites within Pennine Acute Hospitals NHS Trust, therefore although you may have originally seen a doctor at another site you have been referred to North Manchester General Hospital.

What preparation is needed?

Please ensure your hair is free from grease, hair sprays and lacquers, etc. Also try and avoid the use of cosmetics on your face. Loose clothing will be most comfortable. You should also bring something to keep you occupied during the day, DVDs, reading materials etc.

Please make sure you complete the enclosed diary sheet and bring it with you on the day of the test. This needs to be completed for a 7 day period prior to the appointment date.

Can I have caffeine?

No caffeine is allowed (coffee, tea, colas, chocolate, etc) all day. This includes from when you get up in the morning prior to the test.

Can I smoke?

We aim to promote good health. Therefore smoking is not allowed anywhere in the hospital or on the hospital grounds by staff, patients or visitors alike.

Can I have a nap between tests?

It is important that you do not nap in between the MSLT nap tests, or it will affect the results.

Will I be able to leave the department?

You need to be monitored all day to ensure that you do not fall asleep between naps. You can move around the room in which the test is being carried out in and the department. You can also go outside for short periods.

Can I bring anyone with me?

Yes, but they will not be allowed in the room where the test is being undertaken, therefore please do not bring any young children or babies with you.

What happens after the MSLT?

A special solvent is used to remove the glue when the recordings have finished. Fragments of glue may remain in your hair and it may take several hair washes and combs to remove it all. Once the electrodes have been removed you will be free to go home, this will be around 4:00pm depending on what time the first nap trial started at.

The information collected during the MSLT will be analysed and a full report will be sent to the doctor who referred you for the test.

Contacting us

If you have any questions about the issues raised above, or have any other concerns, please contact the Neurophysiology Department on 0161 720 2780 .

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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To improve our care environment for Patients, Visitors and Staff, **Northern Care Alliance NHS Group** is Smoke Free including buildings, grounds & car parks.

For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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