



**Sleep Disorders Unit  
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**INFORMATION  
for your  
Multiple Sleep Latency Test  
(MSLT)**

The Multiple Sleep Latency Test (MSLT) provides an objective measure of how quickly you fall asleep when given the opportunity. It also allows your sleep pattern to be monitored during the transition from wake to sleep. As your ability to fall asleep can be influenced by many factors, it is very important that you strictly adhere to the following instructions prior to, and during the study.

### **TEST PROCEDURE**

The Multiple Sleep Latency Test (MSLT) is performed on the day following an overnight sleep study. Your sleep is monitored on the night before the MSLT to ensure you have had adequate sleep and to detect any sleep disorders which may disrupt your sleep, causing you to experience excessive daytime sleepiness. Should a significant sleep disorder be detected overnight, the MSLT may be cancelled or rescheduled to another day.

The MSLT consists of a series of four to five daytime nap opportunities, separated by two-hour intervals.

During each nap you will be instructed to simply relax and let yourself fall asleep. Your sleep pattern will be monitored during each nap which will be conducted in a darkened room. In the two-hour interval between naps, however, it's very important that you remain awake, as any inadvertent sleep during this time may affect your ability to fall asleep on the subsequent monitored 'naps'. During these intervals you can watch TV, read or bring something to work on.

### **TEST START TIME**

Following your overnight sleep study some of the electrodes/sensors used overnight, but no longer required for the MSLT, will be removed and you will be asked to change from your night attire into your normal day clothes. The electrodes applied to your face/head will remain attached for the MSLT.

The MSLT is commenced between 1.5 and 3 hours following the end of your overnight sleep study. During this intervening period it is again essential that you remain awake and out of bed.

The overnight sleep study will generally be ended at 7:00am and the MSLT commenced between 9:00-10:00am

### **CAFFEINE & NICOTINE**

As caffeine and nicotine are stimulants we ask that you don't have any caffeine-containing food or drinks on the day of the MSLT. This includes coffee, tea, cocoa, chocolate, cola, and also guarana-containing drinks such as Red Bull and V. You cannot consume alcohol on the day of the study.

You will be able to smoke (outside the hospital grounds) on the day of your study; however, we will ask that you stop smoking 30 minutes before each nap.

### **SLEEP DIARY**

During the two weeks prior to your MSLT your Physician may have asked you to complete a sleep diary to provide information about your normal sleep pattern. Please ensure you bring your completed diary to your sleep study appointment.

### **BREAKFAST & LUNCH**

Breakfast and lunch will be provided. Should you wish to bring any additional snacks please ensure that any foods or drinks you bring do not contain caffeine, chocolate, alcohol or guarana.

### **MEDICATIONS**

A list of common medications which have stimulant or sedative properties is attached. As a stimulant or sedative may affect your degree of sleepiness please check with your referring Physician whether you need to discontinue these medications prior to your MSLT.

As it takes approximately two weeks for a drug to be eliminated from your body, you will generally need to start reducing your medication dose two weeks prior to the test, and then, stop taking the medication completely, one week prior to the test. This gradual reduction in dosage is necessary to avoid withdrawal side-effects. Continue to take any other medications (not listed) at your normal dose or as requested by your referring Physician.

**PAIN RELIEF:** Standard doses of Panadol or Ibuprofen are permitted for pain relief. Codeine is not permitted.

**Commonly used centrally acting drugs generally discontinued for the MSLT. Please confirm instructions with your Referring Physician.**

STIMULANTS		SEDATIVES		OTHER MEDICATIONS	
Generic Name	Brand Name	Generic Name	Brand Name	Generic Name	Brand Name
Dexamphetamine		Nitrazepam	Alodorm, Mogadon	Moclobemide	Aurorix, Arima, Clobemix, Maosig
Ritalin	Methylphenidate hydrochloride	Temazepam	Euhypnos, Nocturne, Normison, Temaze, Temtabs	Phenelzine sulfate	Nardil
Modafinil	Modavigil	Triazolam	Halcion	Tranlycypromine sulfate	Parnate
<b>OPIOIDS</b>		Flunitrazepam	Hypnodorm		
		Midazolam	Hypnovel		
<b>Codeine</b>	<b>Panadeine (forte), Nurofen Plus</b>			Nortriptyline	Allegron
Oxycodone	Percocet, Oxycontin	Zolpidem	Stilnox	Clomipramine	Anafranil, Clopram, Placil
Fentanyl				Amitriptyline	Endep, Tryptanol
Morphine		Oxazepam	Alepam, Murelax, Serepax	Imipramine	Melipramine, Tofranil
Propoxyphene		Alprazolam	Alprazolam-BC, Kalma, Xanax	Trimipramine	Surmontil
Pethidine	Demerol	Diazepam	Antenex, Ducene, Valium, Valpam	Dothiepin	Prothiaden, Dothep
Hydrocodone	Lortab, Vicodin	Lorazepam	Ativan	Doxepin	Sinequan, Deptran
		Clobazam	Frisium	Mianserin	Tolvon, Lumin
Hydromorphone	Dilaudid	Bromazepam	Lexotan	Lexapro	Escitalopram
Oxymorphone	Opana			Paroxetine	Aropax, Paxtine, Roxatine
Methadone				Fluoxetine	Auscap, Erocap, Lovan, Fluohexal, Prozac, Zactin
Heroin					
Tramadol				Citalopram	Cipramil, Talohexal
				Fluvoxamine	Faverin, Luvox
				Sertraline	Zoloft
				Nefazodone	Serzone
				Venlafaxine	Efexor
				Abilify	
				Bupropion	Zyban