



MSLT/MWT PROCEDURES & INSTRUCTIONS

KIRKLAND, WA

M.S.L.T. stands for Multiple Sleep Latency Test. It is a test to assess daytime sleepiness. The MSLT involves a series of 5 nap opportunities taken at 2-hour intervals. For example: if your first nap starts at 9:00am, the next nap would be 11:00am, then 1:00pm, and so on. During each nap trial, you are given 20 minutes to fall asleep. If you have not fallen asleep within the 20-minute period, the trial ends. If you do fall asleep during the trial, we will allow you to sleep for a total of 15 minutes. Your sleep technologist will enter the room to notify you when the trial has ended.

M.W.T. stands for Maintenance of Wakefulness Test. It is a test to assess ability to stay awake in a quiet and relatively dark room. The MWT consists of 4- 40-minute trials taken at 2 hour intervals. If you fall asleep during a trial, the sleep technologist will wake you up and the trial ends.

Mid-day we will ask you to provide a urine specimen. Urine toxicology testing is a standing order for both the MSLT and MWT tests.

Most patients bring books, laptops, and other devices to keep them occupied between trials. Wi-Fi is available. It is also **highly suggested that you bring food** to last you throughout the day. We do have limited snacks available in the lab. You will have access to a refrigerator and microwave.

There are 2 very simple rules to follow prior to your MSLT/MWT testing: 1) **Stay awake between your testing trials** 2) **Do not ingest caffeine** prior to testing or during your stay. This means refraining from soda, coffee, and energy drinks. Also, some medications such as Excedrin contain caffeine. If you smoke, please inform your sleep technologist. Smoking is only allowed 30 minutes or longer prior to each nap.

At the end of the study, the sleep technologist will remove the sensors. After a brief questionnaire you will be able to leave the facility. Results will be given to you during your follow-up appointment by the provider. The sleep technologists providing the test will not be able to give results. **Average time of discharge is 5:30pm.**

If you have any questions or concerns, please call our office at 425-636-2400 and we can have a sleep technologist speak with you.