

**C U Sleep / Christie Clinic Patient Instructions for
Multiple Sleep Latency Test (MSLT) or Maintenance of Wakefulness Test (MWT)**

The Multiple Sleep Latency Test (MSLT) is a daytime sleep study involving a series of several nap opportunities spaced throughout the day. It is typically done in conjunction with a night-time sleep study (always the night before the MSLT). The purpose of the test is to identify people who are unusually drowsy, despite getting adequate sleep.

The Maintenance of Wakefulness Test (MWT) is very similar to the MSLT, with one important difference. Instead of trying to take naps, several times during the day you are asked to attempt to remain awake in a darkened, quiet room. Employers sometimes require this test for people (such as airline pilots or long-distance truck drivers) who must remain mentally alert in dark and boring environments.

Things to bring along:

- ❑ Loose, comfortable daytime clothing for the day of the test.
- ❑ Loose, comfortable nightwear if you have an additional night test.
- ❑ “Sack meals” (breakfast and lunch; you may use our fridge and microwave oven).
- ❑ Something to do. We have very limited cable TV channels. You are welcome to bring books, laptop computers, DVDs or VHS tapes, magazines, handheld games, or other diversions for the “waiting periods” you will experience during the day.

The test takes all day; plan to be at the sleep laboratory until approximately 6pm (for typical-schedule sleepers).

It helps to have freshly-cleaned hair and skin. In order to run these tests, the sleep lab staff will attach a variety of sensors to your scalp, face, and body. This is a painless process, as most of the sensors are held in place with tape or a special paste. The technician will lightly scrub small areas of your skin before the sensors are applied, in order to remove any remaining body oils and/or dead cells on the skin’s surface that may interfere with the test.

Avoid using body lotions, hair conditioners/gels and similar products, as these may interfere with the test.

You should avoid caffeine and alcohol on the day of the test. If you consume caffeine or alcohol regularly, it is important to slowly “taper down” your use over a period of one to two weeks before the test, to avoid problems (such as headaches) that can occur when you stop too suddenly.

Be sure to get enough sleep during the two weeks prior to your test. It is important to be well-rested.

Certain medications may interfere with the test results. Medications may stay in your system for 1-2 weeks after you stop taking them. **Call us at 217-355-1684 for advice, if you are using any of the following types of medication:**

- sleeping pills
- decongestants
- antihistamines (anti-allergy medications)
- anti-depressants
- muscle relaxers
- pain-killers
- ...or any medicine that may cause sleepiness or hyper-alertness.

DO NOT stop taking any prescribed medication without checking with your regular doctor beforehand.

You must keep an accurate sleep log (sleep diary) for the two weeks immediately before the test. If you are unsure that you could keep an accurate record of your sleep, you may need to ask someone in your household for assistance with this task. This information is essential for the correct interpretation of your test results. Call the sleep lab at 217-355-1684 if you did not receive a blank sleep log.

Cell phones, watches with beepers, or other noisy items must be removed from your room during the actual testing periods. Please tell the technician if you bring any of these type items along.

Questions? Call 217-355-1684. C U Sleep, 1207 S. Mattis Ave, Champaign, IL 61820