

Sleep Study

Multiple Sleep Latency Test (MSLT)

MSLT

The Multiple Sleep Latency Test (MSLT) is a study used to see how quickly you fall asleep in quiet situations during the day. The MSLT is the standard way to measure your level of daytime sleepiness. Excessive sleepiness is when you are sleepy at a time and place when you should be awake and alert.

What happens during the MSLT study?

The MSLT study is generally performed right after an overnight sleep study. For the MSLT to be accurate, you should have had a total sleep time of at least six hours the night before. You will be asked to refrain from caffeine the day of your study. The MSLT consists of five nap opportunities with breaks lasting for two hours in between them. The first nap trial begins between 1.5 and 2 hours after you wake up from the overnight sleep study. Sensors will be placed on your head, face and chin. The sensors are gently taped to your skin and connected to a computer. A technician will monitor you from a room separate from your sleep room and will measure how long it takes you to fall asleep. Between nap trials, you will have to stay out of bed and occupy yourself so that you stay awake. A light lunch will be provided.

What is the study measuring?

- Brain waves
- Heart rate
- Eye movement
- Chin movements



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