

**Multiple Sleep Latency Test (MSLT)/Maintenance of Wakefulness (MWT)**  
**Patient Information**

A Multiple Sleep Latency Test or MSLT is a test used to study and document excessive daytime sleepiness by way of a series of naps at two-hour intervals.

An MWT is a test in which four 20-minute trials are, conducted every two hours in which you will be encouraged to stay awake.

**2 WEEKS BEFORE YOUR MSLT/MWT**

- You should be on a regular work schedule for 2 weeks prior to the sleep study.
- A consistent sleep schedule should be maintained for 2 weeks prior to the test. Go to bed and get up approximately at the same time every day.
- Complete the sleep diary and bring it with you on the night of your sleep study.
- Medications that may affect sleep may need to be discontinued 2 weeks prior to the test. Your doctor will let you know which medications, if any, should be discontinued.
- If you are using a CPAP machine, it should be used every night for at least 2 weeks prior to the test.

**3 DAYS BEFORE YOUR MSLT/MWT**

- Call **(888) 364-6400** to pre-register for your test. Hours of operation for Registration are Monday through Friday from: 7:30 a.m. to 7:00 p.m. and on Saturday from 9:00 a.m. to 2:30 p.m.
- Call your insurance company to verify coverage for the procedure

**THE NIGHT BEFORE YOUR MSLT OR MWT**

In most cases, you will spend the night before your MSLT or MWT test at the sleep center.

**THE DAY OF YOUR SLEEP STUDY**

- You will be awakened at 6 a.m. unless otherwise noted by your physician.
- You should be prepared to change out of your night clothing into day clothing
- Some of the electrodes will remain on during the day
- A continental breakfast is served. You will be given an \$8 voucher for lunch in the medical office cafeteria.
- NorthShore University HealthSystem facilities are smoke-free. There are no designated smoking areas at NorthShore University HealthSystem.
- The test should be complete by approximately 6 p.m.

## WHAT TO BRING TO THE SLEEP CENTER

- “Street clothes” to wear during the day.
- Unless instructed otherwise by your doctor, you must continue to take all medications you normally take. Please bring all medications you take between 6 a.m. and 6:30 p.m. **Technicians cannot distribute medications.**
- Your room has a television, you are welcome to bring a book to read, puzzles etc.
- You should bring your CPAP mask with you to use the night before the MSLT/MWT test. **You do not need to bring your CPAP machine with you.**