

CNMRI_{PA}

NEUROLOGY • SLEEP DISORDERS CENTER • PHYSICAL MEDICINE • REHABILITATION
(302) 678-8100 • (877) 678-8100 • www.cnmri.com

Information Regarding Your Multiple Sleep Latency Test (MSLT)

- Please plan to arrive at the Sleep Center at 7 a.m., unless you will also undergo overnight testing.
- The ending time of your study may vary depending on the information collected during the day. The earliest your study will be completed is 3:30 p.m. and the latest will be 5 p.m.
- Please shampoo your hair prior to coming for the test. Make sure it is dry and do not use any hair oil or hair styling products.
- Men should shave facial hair stubble; please do not shave off a beard or mustache just for the study.
- Please do not use makeup or moisturizing lotion/oils on your face. These items make it difficult to apply some of our equipment.
- Do not drink coffee or beverages containing caffeine for 24 hours before the study.
- Avoid alcoholic beverages the day of the study.
- This is an outpatient procedure. Nursing services and medication are not provided.
- Take your regular medication and if needed, bring it with you and take it on schedule unless otherwise instructed.
- You may bring a book, magazines, needle work, laptop computer, etc., with you.
- Lunch will be provided for you. Please bring any snacks or decaffeinated beverages you may need during the day.

In order to provide the best test and evaluation of your sleep, your cooperation is essential. Please follow the instructions. If you have any questions, please call us at (302) 346-2600.

A copy of your interpreted study will be sent to the physician who referred you to the Sleep Center and to your primary physician. Test results will generally be available within 3-5 business days of the date of your study. All inquiries regarding test results should be directed to your referring physician.