Lancashire Teaching Hospitals
NHS Foundation Trust

Information for patients and carers

Multiple Sleep Latency Test (MSLT)

Neurophysiology

You have been referred for a multiple sleep latency test (MSLT) test at the Royal Preston hospital. This leaflet will give you more information on what to expect from this test.

What is a MSLT?

An MSLT is a diagnostic test that is used to record the electrical activity of the brain as well as recording heart rate, eye movements and muscle activity. It is a painless and harmless test. The test measures how long it takes for you to fall asleep.

There are several reasons your doctor may have referred you for an MSLT including excessive daytime sleepiness, hypersomnia and narcolepsy.

Do I need to do anything before the test?

Make sure that your hair is clean and free from any products such as hairspray or gels.
If you are taking any regular medications, it is important that you telephone the department for advice as you may need to stop some particular types of medications 2 weeks prior to the test. Your test results will not be valid if you are taking particular medicines. Please bring an up-to-date list of medications with you to your appointment.

You must not drink any caffeinated drinks on the evening prior to or on the day of the MSLT.

In the week leading up to the MSLT please maintain your usual sleep patterns.

What happens during the MSLT?

A clinical physiologist will carry out your MSLT, they will fully explain what will happen during the test and ask you questions about what has been happening to you including a short questionnaire to fill out. The

test will be video recorded for the purpose of the consultant reviewing the MSLT.

The MSLT consists of 5 separate nap periods, which are spread out throughout the day at 90-minute intervals: 9.00am, 10.30am, 12.00pm, 1.30pm and 3.00pm.

They will firstly measure your head and make some small marks with a soft pencil. Small electrodes will be placed on your scalp with a sticky paste; this will feel slightly cold and scratchy. Electrodes will be placed on each shoulder, under your chin and around the eyes to measure your heart rate, muscle activity and eye movements.

Once all the electrodes are on, you will be asked to lie down on a bed in a quiet, comfortable and darkened room. You will be asked to close your eyes and relax, and the recording will begin. Once the lights go off, the test will measure if you fall asleep and how long it takes for you to fall asleep. You will not feel anything during the test.

At the end of each nap period the clinical physiologist will remove all the electrodes from your scalp and skin and clean your hair to remove the sticky paste, using warm water and cotton wool. In between nap trials you will be free to make use of the hospital restaurant for refreshments. You will also be welcome to make use of the clinic room in between nap periods. Please feel free to bring any reading material, food, or drinks to the appointment. You are asked to avoid caffeinated drinks and stay awake in between nap periods.

Are there any side effects or risks?

There are no side-effects from the test. You can return to your normal daily activities following the test, including driving.

There are no risks to pregnant ladies or their unborn children from this test.

What happens after the test?

After the recording is finished the clinical physiologist will remove all the electrodes from your scalp and skin and clean your hair to remove the sticky paste, using warm water and cotton wool.

Your hair can feel sticky after the test, so you are advised to wash it with warm water and shampoo when you get home.

It will take approximately 2 weeks for the results to get back to your consultant. They will contact you in due course to discuss the results and any further treatment options if necessary.

How long does the MSLT take?

The whole test usually takes approximately 8 hours in total spread at 90-minute intervals throughout the day: 9.00am, 10.30am, 12.00pm, 1.30pm and 3.00pm.

Please ensure you arrive 15 minutes before your appointment time. If you are late for your test your appointment may have to be rearranged for another day.

Contact details

Should you require further advice or information please contact:

Department of Clinical Neurophysiology
Royal Preston Hospital
Sharoe Green Lane
Fulwood Preston
PR2 9HT

Telephone: **01772 522559**
Email: neurophysiology@lthtr.nhs.uk

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.accessable.co.uk
www.patient.co.uk
www.lancsteachinghospitals.nhs.uk/veteran-aware
https://bepartofresearch.nihr.ac.uk/

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.

Department: Neurophysiology
Division: Medicine
Production date: October 2026
Review date: October 2029
JR 1533 v1