

## Multiple Sleep Latency Test (MSLT) and Maintenance of Wakefulness Test (MWT)

Your Consultant would like you to have a **Multiple Sleep Latency Test (MSLT)** or a **Maintenance of Wakefulness Test (MWT)**. We hope that the following information will help with any questions you may have.

### What is a MSLT or MWT ?

MSLT looks at how easily you go to sleep during the day, whereas the MWT looks at your ability to stay awake. You will have only one of these tests, which will usually follow an overnight Polysomnography (PSG) study.

During the tests we will measure activities produced from different parts of your body such as brain waves (EEG), muscle activity (EMG), the movement of your eyes (EOG) and heart rate (ECG).

If you are happy to do so, you will be monitored by a video camera.

### What should I do before the test?

- You will receive a letter from the hospital with all the details of your admission for polysomnography (PSG) and MSLT or MWT including information about the test, date, time and directions.
- Unless directed to do so by your Consultant, do not take any sleep medicine and do not drink alcohol or caffeinated beverages before the test as they can interfere with your sleep.
- **If you are taking Modafanil, please stop taking this at least 3 days prior to your appointment.** Otherwise continue to take any prescribed medication as normal, unless advised by your Consultant.

- You may find it helpful to bring something to occupy yourself between tests, as you will need to keep yourself awake e.g. reading/puzzle books, tablet, personal music player.
- It would be helpful if you could wear comfortable clothing that can be undone and changed easily such as button up pyjamas or shirts/blouses for daytime.
- Please come with clean hair and avoid using hair sprays/gels etc. on the day of your test.

### What will happen during the test?

A PSG test is routinely performed overnight before your MSLT or MWT (an information leaflet should be enclosed).

The MSLT or MWT is performed by a qualified or trainee Healthcare Scientist. Trainees are supervised by a qualified member of staff, the amount of supervision varies, depending on the amount of experience the trainee has. We will ask your permission if a trainee is performing the test.

The electrodes needed for the MSLT or MWT will have already been applied for your overnight PSG study (please see enclosed PSG leaflet for details) and consent for any video recording should have already been taken.

MSLT or MWT consists of four-five short tests at two hour intervals during the day. The first test usually begins 1½-3 hours after waking up.

Between the tests you must not drink caffeinated beverages/drinks including carbonated soft drinks, i.e. Coke or energy drinks, and avoid exposure to bright sunshine. Smoking should be stopped at least 30 minutes prior to each nap.

Prior to each nap you will be asked if you need the bathroom.

## For an MSLT

At the start of each MSLT test you will be asked to lie quietly in a comfortable position, keep your eyes closed and try to fall asleep. Then the room lights will be switched off. The sleep room will be dark and quiet during testing.

In-between the tests you should be out of the bed and occupied to prevent yourself from sleeping.

Each test takes about 20-30 minutes.

## For a MWT

At the start of each MWT you will be asked to sit quietly in a comfortable position with your eyes open and remain awake for as long as possible.

In-between the tests you should be out of the bed and occupied to prevent yourself from sleeping.

Each test takes about 20-30 minutes.

## Side-effects

These tests are harmless and are not uncomfortable, as we are only monitoring what your body is already doing.

You may develop small sore areas on the skin where the electrodes are applied, this becomes more likely during longer recordings.

## What happens after the test?

The test is usually recorded over one day following an overnight PSG recording.

Once we have enough information, the electrodes will be removed by a Healthcare Assistant using a special solution, which dissolves the glue. This leaves the hair feeling greasy but it does wash out fairly easily.

## When will I get the results?

After completing the examination, the results will be analysed and a report will be sent to the doctor who referred you. This may take up to 6-8 weeks.

## How will the results of these tests help?

Recording how easy it is for you to sleep during the day and looking at your stages of sleep gives your Consultant more information and may help them know how best to treat your medical condition.

## What are the consequences of not having MSLT or MWT?

These tests are a well-established method of helping doctors to diagnose and treat a range of medical conditions, particularly those occurring in sleep. If you do not have the test, your doctor may not have as complete a picture as required and hence your diagnosis may take longer and/or your treatment may not be the most appropriate.

## Contacting Us

Staff in the department will be happy to answer any query you may have and will do their best to ensure your comfort.

**If you are currently having fewer than two attacks an week please ring us on the number below as soon as possible.**

Please let us know if you are unable to attend your appointment by ringing the telephone number below.

If you have any questions or concerns about the test please ring the **Neurophysiology Department** on **01392 402458**.

*We welcome feedback about our service. Please tell a member of staff if you felt this service is good or otherwise.*

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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