



INSTRUCTIONS PRIOR TO MULTIPLE SLEEP LATENCY TEST

You have been scheduled for a MSLT Sleep study (daytime study).

The daytime testing begins at approximately 8:30 a.m. You will spend the entire day in the Good Samaritan Sleep Center. You are free to leave the center by approximately 5:30 p.m. that evening.

PLEASE BE ADVISED OF THE FOLLOWING:

- * **SLEEP:** The test involves your taking a number of naps during the day. Therefore you will be most comfortable in a robe with pajamas or sweats. Napping will not be allowed between tests.
- * **MEDICATIONS:** You should continue to take any daily medications, unless otherwise instructed by a doctor not to. Bring with you any medications and or supplements you are currently taking. If your medicines need to be refrigerated, please bring your own cooler.
- * **MEALS:** On the day of testing, the Sleep Center will NOT be able to provide meals because this is an OUT-PATIENT procedure. If you bring any food or refreshments, please also bring your own cooler. **No alcoholic or caffeinated beverages during the day.** Alcohol and caffeine consumption will cause disruption of sleep cycles and therefore alter test results.
- * **ACTIVITIES:** Bring materials - newspapers, magazines, etc. that will keep you occupied. A color television is available for your use.

If you have any questions, please call (845) 368-5512.

Sincerely,

Bon Secours Sleep Institute at Good Samaritan Hospital