

MULTIPLE SLEEP LATENCY TEST (MSLT)

TEST PREPARATION

RECOMMENDATIONS FOR THE TEST

To perform the test you must follow the instructions below:

- Sleep regularly, **with no sleep deprivation, on the three nights before the test.**
- Your head must be clean and dry, with no creams, conditioners or gel.
- People who shave daily must shave before going to the Sleep Institute.
- Do not wear dark nail polish.
- **Bring comfortable clothes in which to sleep without elastics around the ankles.**
- The Sleep Institute provides towels, a pillow, linen, blankets and duvets for the test. The Institute also provides a personal hygiene kit and a hair dryer, so you can **wash your hair after the test.** If you prefer, you can bring your pillow, shampoo and conditioner. You should also bring slippers and personal objects.
- If you take regular medication, ask your doctor if you should stop taking them for the test.
- On the day of the test, **avoid consuming alcoholic and caffeinated beverages** like tea, coffee and soda.
- **If you have the flu, a cough or a fever, you must reschedule your test,** unless the requesting doctor informs the Sleep Institute of the need to perform the polysomnography even under these circumstances.
- Patients who undergo **skin procedures, like peeling, must wait at least 20 days after the procedure to perform the test.**
- **Do not exfoliate your face a week before the test.**
- If you have any **hair prosthesis, mega hair, weaves or wigs that are glued or taped to your head, you must remove them to perform the test.**
- The test requires the application of electrodes on your skin. On rare occasions, skin contact with the hypoallergenic tape may cause hypersensitivity reactions, like redness and itching.
- The Sleep Institute serves breakfast and lunch. **For infants and children, bring specific meals, like milk or baby food, and diapers.**



TEST LOCATIONS

Upon confirming your schedule, you will be informed of the unit where your test will take place.

ON THE DAY OF THE TEST

It is imperative that you provide the **original request from the doctor, an ID card with your photo (RG/CNH), and the health care provider's ID card.**

Note: Patients who fail to provide the original request from the doctor on the date of the test **will not be able to take it**, as determined by the health care providers.

Arrival time on day of test

Patients who **did not** perform the polysomnography on the previous day must arrive at 7:30 a.m. and go to the 13th floor.

ADDITIONAL INFORMATION

Companion

The presence of a responsible adult is mandatory for patients under 18, people with disabilities and/or elders with limitations, from the moment they arrive at the Sleep Institute until the end of the test.

The presence of a companion is optional for people over 60 and people with psychiatric disorders (a medical request for a companion is required for the latter).

In these cases, no additional fee is charged.

Note: in other cases, an extra fee will be charged per companion (check the amount with the customer service team).

