



THE SLEEP DISORDERS CENTERS  
*of* PULMONARY ASSOCIATES

## PATIENT INSTRUCTIONS: MULTIPLE SLEEP LATENCY TEST

### DAYTIME NAP TESTING

1. Beginning at least seven days before your scheduled study, try to maintain a regular sleep schedule. Spend at least 8 hours in bed during your usual nighttime sleep period. If you were given a **SLEEP DIARY**, please complete this diary each morning when you wake, reporting on your sleep from the night before.
2. Bring/wear loose fitting, comfortable clothing for your daytime nap testing. You may also bring snacks and drinks with you, but do not bring anything with caffeine. If you have an overnight sleep study prior to your daytime nap test, we will provide breakfast and lunch. If you do not have a nighttime sleep study prior to your daytime nap study, please bring or eat your breakfast before you arrive. We have a refrigerator and microwave available.
3. You may also bring a book, personal computer or other projects with you to help keep you awake between naps. Friends and family members may call and speak with you **BETWEEN** naps, but should be told your cell phone or beeper will be turned off during testing.
4. Caffeine is not allowed the day of the testing. If you develop headaches notify the technician conducting the test.
5. Follow your physician's instructions regarding taking or discontinuing any medications prior to the test.
6. Your nap schedule will usually be as follows: Naps are at 8am, 10am, 12pm, 2pm, and if needed 4pm. They generally last between 20-30 minutes per nap. We will let you know if you need the fifth nap only after completing the fourth nap at 2pm. Your nap schedule may need to be revised slightly.
7. You must stay out of bed between naps. The technician will time your nap and tell you when to go to bed and when to get up from bed.
8. You may walk around in the hall or on the sidewalk outside in between naps.
9. If you have any other questions, please call **THE SLEEP DISORDERS CENTERS**.