

IMPORTANT MSLT (NAP STUDY) INFORMATION

THERE WILL BE A **\$200 FEE** FOR CANCELLATIONS OR CHANGES MADE WITHIN **72 HOURS** OF A SCHEDULED SLEEP STUDY THAT IS NOT PAYABLE BY INSURANCE.

PREPARING FOR THE STUDY

- **ARRIVAL TIME:** please arrive at your schedule time for your **overnight sleep test**. The MSLT will take place the following day.
- **AVOID** naps in between the scheduled naps of your study
- **AVOID** using hair products (ie. Conditioner, hair gel, hairspray, oil) – *this may interfere with the recording*
 - Make sure your hair is CLEAN and DRY the night of your study
- **MEDICATIONS:**
 - Make sure to discuss discontinuing stimulants, stimulant-like medications, and REM suppressing medications (ie. SSRIs, SNRIs, etc) with your physician. These are typically stopped at least 2 weeks prior to the MSLT as they can interfere with interpretation of the study.

WHAT TO BRING TO THE STUDY

- Personal items that may help you sleep (ie. Favorite pillow, blanket, book, etc)
- Personal hygiene items (ie. Toothbrush, toothpaste, face wash, hair brush)
- Comfortable pajamas or shirts and a t-shirt
 - **AVOID** clothing made of satin, nylon, or silk as the electrode gel/paste we use may damage them
- Clean clothing for the morning after
- Light snack and lunch

WHAT TO EXPECT DURING THE STUDY

- You will have electrodes placed on various parts of your body (mainly your head, face, chest, legs, and/or arms) and be hooked up to a monitoring device. Belts will be placed around your chest and abdomen and sensors will be placed under your nose to monitor breathing.
- The nap study consists of 5 nap opportunities
 - The first nap starts 1.5-3 hours after the end of the previous night's sleep study
 - You can eat breakfast 1 hour before the first nap if you'd like
 - Each subsequent nap trial starts 2 hours after the start of the prior trial and last for at most 20 minutes
 - You can eat lunch before the 2nd nap trial
- When you are not napping, you will need to be out of bed. AVOID sleeping in between naps.
- Our sleep technologist will be available to assist you as needed and may check-in on you if there are issues related to the sensors.
- Be assured that we try to make this process as easy and safe as possible. If you have any concerns, refer to your technologist for assistance.

WHAT TO EXPECT AFTER THE STUDY

- The study should end by 3:30-4:00 PM
- All sensors and devices will be removed which may take anywhere from 15-20 minutes.
- A shower will be made available to you if you need.
- We may ask you to fill out a check-out form after your study. After you do so, you are free to leave. Your physician will follow-up with you regarding your results.

Location:

12321 Middlebrook Road, Suite 106
Germantown, MD 20874

