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Sleep Education



Multiple Sleep Latency Test (MSLT) - Overview and Facts

The multiple sleep latency test (MSLT) tests for excessive daytime sleepiness by measuring how quickly you fall asleep in a quiet environment during the day. Also known as a daytime nap study, the MSLT is the standard tool used to diagnose narcolepsy and idiopathic hypersomnia.

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MULTIPLE SLEEP LATENCY TEST

[Overview and Facts](#)

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ESSENTIALS IN SLEEP

- Insomnia
- Sleep Apnea
- Jet Lag
- Narcolepsy
- Restless Legs Syndrome
- Shift Work
- Snoring
- In-Lab Sleep Study
- Home Sleep Apnea Testing
- CPAP
- Healthy Sleep Habits

The MSLT is a full-day test that consists of five scheduled naps separated by two-hour breaks. During each nap trial, you will lie quietly in bed and try to go to sleep. Once the lights go off, the test will measure how long it takes for you to fall asleep. You will be awakened after sleeping 15 minutes. If you do not fall asleep within 20 minutes, the nap trial will end.

Each nap will be taken in a dark and quiet sleep environment that is intended for your comfort and to isolate any external factors that may affect your ability to fall asleep. A series of sensors will measure whether you are asleep. The sensors also determine your sleep stage.

Excessive daytime sleepiness occurs when you are sleepy when you should be awake and alert. A board-certified sleep medicine physician will recommend an MSLT if he or she suspects you have excessive daytime sleepiness related to narcolepsy or a hypersomnia. The MSLT is offered at AASM-Accredited Sleep Centers. In order to provide the highest level of care for patients, the AASM requires a board certified sleep medicine physician to review the results of the MSLT.

[continue to Preparing for the MSLT »](#)

SLEEP DISORDERS BY CATEGORY

- Insomnias
- Hypersomnias
- Sleep Breathing Disorders
- Circadian Rhythm Disorders
- Parasomnias
- Sleep Movement Disorders

DISEASE DETECTION

TREATMENT & THERAPY

THE SLEEP TEAM

HEALTHY SLEEP AWARENESS

SLEEP PRODUCT GUIDE

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