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BOARD CERTIFIED  
Neurology  
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Sleep

## INSTRUCTIONS FOR MSLT (Multiple Sleep Latency Test) and MWT (Maintenance of Wakefulness Test) Testing

- You will be required to have your MSLT/MWT only after a sleep study in our facility
- You will be awakened from your nighttime sleep study at 6:00am
- The technician will disconnect the wires that will not be used for the MSLT/MWT, though some wires will remain.
- You will be requested to change into street clothes. This can be anything you are comfortable in, ex: shorts, blue jeans, sweats. It is recommended you bring a button up shirt for the daytime MSLT/MWT portion of the study, so wires are not pulled off of your head.
- You are welcome to bring snack and drinks; we have a refrigerator and a microwave. **CAFFEINE IS NOT ALLOWED DURING THE DAY.** We will provide lunch for you but if you are on a specialized diet please let us know ahead of time and we will try to accommodate you. We order from local restaurants and fast food.
- The test consists of naps or testing periods at two hour intervals, the first begins two hours after awakening. These will occur at 8:00am, 10:00am, 12:00pm, 2:00pm and 4:00pm.
- In most cases you will be ready to leave the lab between 4:30 and 5:00pm
- You are welcome to bring books, movies, a laptop, tablet or anything to help keep you awake during naps. We have wireless internet.
- If you are a smoker, you will be allowed to smoke outside between naps, but not within 30 minutes of a nap period.
- If you're on stimulant type medication, ex: Provigil, Ritalin, etc., please inform the staff prior to your appointment.