[Hospital or Sleep Center Name]
[Address]
[Phone Number]
[Date]

Patient Name: [Patient Name]
Appointment Date: [Date of Study]
Arrival Time: [Time]

Welcome to Your Multiple Sleep Latency Test (MSLT)

Dear [Patient Name],

We are pleased to welcome you to [Sleep Center Name] for your Multiple Sleep Latency Test (MSLT). This study is used to measure daytime sleepiness and to help diagnose sleep disorders such as narcolepsy or idiopathic hypersomnia.

What to Expect

The MSLT consists of five scheduled naps throughout the day, usually following your overnight sleep study. Each nap session lasts about 20 to 35 minutes and occurs every two hours. Between naps, you must remain awake.

Preparation Instructions

- **Medications:** Please consult your physician regarding any medications. Certain stimulants or antidepressants may need to be tapered off two weeks prior to the test.
- **Diet:** Avoid caffeine (coffee, tea, soda, chocolate) on the day of the study.
- **Clothing:** Wear loose, comfortable clothing or pajamas. You will remain in these throughout the day.
- **Food:** We recommend bringing a lunch and snacks, as you will not be allowed to leave the facility until the final nap is completed.
- **Entertainment:** Bring books, a laptop, or movies to keep yourself occupied and awake between nap trials.

Important Information

The test typically concludes between 4:00 PM and 6:00 PM. Please arrange for transportation if you feel too sleepy to drive home safely.

If you have any questions or need to reschedule, please contact us at [Phone Number] at least [Number] hours in advance.

Sincerely,

[Name/Title]
[Sleep Center Name]