



Adelaide Institute for **Sleep Health**

Repatriation General Hospital, Daws Road, Daw Park, SA 5041

MULTIPLE SLEEP LATENCY TEST (DAYTIME SLEEPINESS STUDY)

PATIENT INFORMATION

The daytime sleepiness study is used to index a person's sleepiness and to identify abnormal sleep patterns. In some cases will be performed on the day following an overnight laboratory sleep study. If you have been booked in for a study please read the following notice carefully. It is a list of guidelines that you are asked to follow to ensure a successful study on the day.

BEFORE THE STUDY

Sleep/wake diary

You will be asked to complete a sleep/wake diary, beginning one week before the study. The diary will be mailed to you. Please read the instructions on the back of the diary sheet carefully. Complete the diary twice a day; first thing in the morning and just before turning the light out at night.

Wrist actigraph

You will be asked to collect and wear a wrist activity monitor at night for a week prior to the study. This watch-like device measures your movement during the night when you sleep. Please avoid contact with water as it is not waterproof.

IMPORTANT

Please try to ensure you have a "normal" sleeping schedule for the 3 days prior to the test ie not more and particularly not less sleep than usual.

THE DAY OF THE STUDY

If you have not spent the night in the laboratory you will be asked to arrive at an arranged time on the morning of the test. On arrival you should go to the Sleep Laboratory. The study consists of five opportunities to nap throughout the day at two hourly intervals. The study should be completed by approx. 5-6 pm.

Lunch will be provided (also breakfast for those who sleep in the laboratory on the night prior to the test). You are welcome to bring your own pillow and something to read. There is also a television and video and DVD player in the unit (you may bring a video tape or DVDs if you so desire).

Keep your hair free of any oils, creams, or lacquers on the day of the study.

Clothing

Since the study is examining how sleepy you are during a normal day you are asked to bring day clothes in which to nap, not night clothes. The clothes should be reasonably comfortable but they must be typical of your usual daytime attire.

Medication

The Sleep Disorders Unit does not have a stock of medication. You will therefore be required to bring with you any medication and medical equipment you may require, and take or use it in the usual way (unless you have been specifically instructed otherwise by your doctor).

Coffee and tea

Since caffeine is a stimulant you are asked to refrain from drinking coffee, tea or Coke on the morning of the study.

Smoking

Smoking is known to affect sleep. Although smoking is allowed outside the building you are asked to refrain from smoking half an hour prior to the beginning of each nap.

FEES

Following the test an account will be posted to you. The fee for a daytime sleep study is \$236.65. The Medicare rebate is currently \$196.65. **Patients are required to pay the balance of \$40.00.** The gap payment for Pensioners and Health Care cardholders is \$10.00. (Fees subject to change without notice).