



# Adelaide Institute for Sleep Health

Repatriation General Hospital, Daws Road, Daw Park, SA 5041  
www.adelaidesleephealth.org.au

## **MULTIPLE SLEEP LATENCY TEST (DAYTIME SLEEPINESS STUDY) PATIENT INFORMATION**

Dear

A study of daytime sleepiness has been arranged for you on:

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The daytime sleepiness study is a simplified version of the night-time sleep study (and in some cases will be performed on the day following an overnight laboratory sleep 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. 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 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.

**Please telephone the laboratory as soon as you receive this appointment in order to arrange a time to pickup the monitor a week prior to the test. Phone: 08 8275 1149.**

### **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 need to arrive at the Sleep Laboratory no later than **8.30am** on the morning of the test. 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 player in the unit (you may bring a DVD or video tape 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 \$305.85. **Patients are required to pay the balance of \$50.00.** The gap payment for Pensioners and Health Care cardholders is \$20.00. (Fees subject to change without notice).