

THE SLEEP DISORDERS CENTER OF CENTRAL TEXAS

INSTRUCTIONS FOR THE MULTIPLE SLEEP LATENCY TEST (Daytime Nap Recordings)

1. Beginning at least seven days before your scheduled sleep study, try to maintain a regular sleep schedule. We ask that you spend at least eight hours in bed during your usual nighttime sleep period. During this seven-day period, upon awakening in the morning, complete the attached Sleep Diary form for the preceding 24-hour period. Bring your completed Sleep Diary to the sleep study and give it to the sleep technologist upon your arrival.
2. Bring comfortable, loose-fitting clothing for your daytime naps. You may also bring snacks, sandwiches, etc. We have a refrigerator and a microwave oven available. You should bring food for breakfast and lunch (you may order take-out for lunch).
3. You may bring video tapes, books, and laptop computers; use these between your scheduled naps to stay awake. If you feel like you are about to fall asleep between nap periods, engage in some activity that keeps you alert. **Beeper and cellular phones are not permitted at any time**; an office phone is available for urgent or routine calls. Friends and family members should be instructed to call only for **emergencies** by telephoning 329-9296 extension 209.
4. Smoking is permitted between nap periods, but must be completed at least 30 minutes prior to the upcoming scheduled nap. Caffeinated beverages/food are not permitted unless your sleep specialist has discussed this with you in advance. Our Center stocks over-the-counter pain pills; should you have a headache that you don't usually have, and the pain is sufficiently bothersome, ask the sleep technologist for a pain pill. Do not use any pain pills you have brought for yourself, without first checking with the sleep technologist regarding their suitability for use.
5. The protocol requires a urine drug screen. You will be asked to contribute a urine sample sometime near the end of your naps. This will become part of your medical record. *
6. You will be instructed to stay out of bed between nap periods, and you do not have to remain in the bedroom (except during nap periods). You are welcome to take walks in the Center halls, as well as on the walkway outside the Center's front door.
7. Cigarette smoking inside the building is prohibited by local ordinance. Smoking is permitted on the walkway outside.

Should you have any questions about any of the above instructions, or about any aspects of your upcoming nap recordings, please contact the Center at (329-9296) during business hours.

* Cannabinoid compounds from marijuana may be present in urine several weeks after marijuana use has ended.