



## Level 1 Sleep Study and Multiple Sleep Latency Test (MSLT) Sleep Disorder Centre

A Level 1 sleep study is an overnight test used to assess, diagnose and treat sleep disorders.

**If, after reading these instructions, you have any questions contact the Sleep Disorder Centre in advance of your appointment.**

### Finding the Sleep Disorder Centre (SDC) at Misericordia Health Centre, 99 Cornish Ave.

**Enter through the south-facing doors on Cornish Avenue. All other doors are locked in the evening.**

**Or park in the Sherbrook parkade. You can use the overpass and take elevator B to the main floor to access elevator D.**

The SDC is located in Misericordia's Wolseley East building. Use Elevator D from the main floor and report to the control room.

The SDC is not open until 8 p.m. If you arrive early, please wait in the waiting area by the Information Desk at 99 Cornish Avenue until your appointment time and then proceed to the SDC. Please be on time or we may not be able to perform the study.

### Important information

Smoking, including vaporizers, is not allowed at Misericordia. We cannot be responsible for the safe keeping of personal property.

**If you require assistance with the following, you must arrange for a family member, health-care aide (HCA) or translator to assist you:**

- taking medications.
- toileting, dressing, getting in and out of bed, arriving to or leaving the lab.
- language translator to communicate in English.

Only patients being studied are permitted to sleep in the testing room. Family members attending to assist patients may be accommodated in another room—please mention this when booking your appointment.

### What to bring

- You **MUST** bring two-piece, loose-fitting pajamas. A top, bottoms and underwear are required. Sleeping without clothing during the test is **NOT AN OPTION**. Nighties or once-piece pajamas are not acceptable. Underwear must also be worn.

- Personal toiletries you may need such as toothpaste, toothbrush, sanitary garments etc. These are not available in the lab. There are no showers available.
- Water/beverage/snacks if you will require any during the study. (Non-caffeinated)
- Your regular medications. Please have a list of your medications.
- If you have diabetes, we ask that you bring your glucometer, test strips and a snack or juice as these items are NOT available in the Sleep Disorder Centre.
- If you use oxygen you MUST bring it with you. We will supply oxygen during the test. Please ensure you have enough oxygen to travel to and from the facility.
- If you are prescribed CPAP/BiPAP, bring your mask and headgear unless otherwise instructed.
- Partial plates, dentures, night guards or other oral appliances if prescribed.
- You may bring a book, housecoat or slippers if you desire.
- Completed copy of your [Patient Sleep History Questionnaire](#).

### The day of your test

- Eat a normal dinner before your study, preferably before 7 p.m..
- No caffeine after 7 p.m.. No alcohol the day of testing. Refrain from napping the day of testing.
- Shower the day of your test, allowing time for your hair to dry.
- Males who shave are asked to be clean shaven for their appointment. Facial stubble will interfere with our setup. Beards and moustaches are permitted.
- Refrain from using any face or body creams, hair gels, oils, sprays, lotions, etc. as they will interfere with our equipment.
- **VERY IMPORTANT**—Do not wear artificial nails or nail polish. They can affect the accuracy of the test.

### What to expect during your appointment

- You will be greeted by a sleep tech. You will be shown to a private room for testing. There are extra pillows and blankets in your room if you require them.
- You will be asked to change into your two-piece, loose-fitting pajamas and prepare for bed.
- Your tech will then set up the monitoring equipment, which takes about 45 minutes. Bedtime is between 10:30 and 11 p.m..

### Set up

Several electrodes will be applied to your scalp, face, chest and legs. Note: some hair may have to be removed from the chest or legs. Hair on the head/face is not removed.

Small areas of skin where the electrodes are to be placed will be cleaned with an alcohol pad and lightly scrubbed with a gritty paste. Electrodes on the face and body are attached using hypoallergenic tape and adhesive pads.

Electrodes on the scalp are applied using Collodion glue. Please be aware that Collodion glue has a strong smell similar to Ether. This smell is present only during setup and is short lived. The glue is non-irritating and is removed in the morning. Two bands are applied on the chest and abdomen. One cannula (thin tube) is applied and rests slightly in the nose.

One finger clip is attached to the finger. You may have an additional sensor applied to your forearm. This electrode heats up slightly and may leave a very slight red mark.

### **Additional testing equipment**

In your room, there is a camera on the ceiling to monitor your positions and movements. There is a microphone and intercom present to communicate with your tech. If you require any assistance during your study, you may simply speak and your tech will respond. Your microphone is always on. Your tech is always available should you need to be disconnected to go to the washroom or if you require an additional blanket, etc.

During your study, your tech may apply a device called CPAP. This is a mask that allows you to breathe properly in your sleep. This may or may not be used during your test. Your tech will explain this in greater detail if it is to be used.

### **Completing the test**

Testing will last approximately seven hours. Your tech may enter your room during your study to adjust equipment as necessary.

Once the test is complete (between 6 and 6:45 a.m.) your tech will enter your room and remove your equipment. There is a short questionnaire to complete. Once this is done you are ready to leave the facility. Check out time is between 6:30-7:30 a.m..

### **Multiple Sleep Latency Testing (Nap Testing)**

A small percentage of the people who are tested in our lab are asked to undergo a Multiple Sleep Latency Test (MSLT), which occurs during the day and is used to diagnose sleep disorders which the nighttime tests cannot confirm.

If this test is recommended, you will be advised in advance, as the MSLT will generally begin the morning that you finish your nighttime testing and will require your presence in the lab until later that afternoon. You will be encouraged to bring a lunch and a beverage (no caffeine) for the day, as you will not be able to leave the hospital until all testing is complete. We will provide a standard hospital tray breakfast. Let us know if you have any special dietary needs. Please note caffeine (coffee, tea, etc.) is not allowed. After breakfast, you will begin the MSLT.

### **What to expect during MSLT (Nap Testing)**

- You are required to lie down for four 20-minute naps at 90 to 120-minute intervals.

- You will not be allowed to sleep between naps.
- You may bring books, magazines, laptop or a media player to occupy your time between naps.
- Lunch will not be provided, however a fridge and microwave are available.
- If you are currently using nasal CPAP or BiPAP therapy for your sleep-disordered breathing, you are to bring your mask with you to wear during your naps.

After the last nap is complete, all electrodes will be removed and you will be free to leave. This will be at approximately 3 p.m..

**Please find your SLEEP DIARY on the next page.**

Your sleep diary needs to be filled out every morning, starting seven or fourteen days before your appointment. The clerk will advise you how long to complete the diary for. Estimate times as best you can—we are mostly interested in how you feel you slept.

When filling in the diary for the previous night of sleep use the date of the previous night. (e.g., if you fill out the diary in the morning of May 5 use May 4 as the date)

**If you MUST cancel your appointment, we require at least 24 to 48 hours of notice.**

**Contact us for cancellations, or for any questions, at 204-788-8570.**

**We have many patients on a wait list, so we greatly appreciate as much cancellation notice as possible so we can book another patient.**

*Please be aware many patients and staff are sensitive to chemicals – including those found in scents, perfumes and aftershaves. We appreciate you being considerate of others and not wearing scents to your health appointments.*



## Pre-MSLT Patient Sleep Diary

**NAME:** \_\_\_\_\_

**Fill out** your sleep diary every morning, starting seven days before your appointment. Estimate times as best you can—we are mostly interested in how you feel you slept.

When filling in the diary for the previous night of sleep use the date of the previous night. (e.g., if you fill out the diary in the morning of May 5 use May 4 as the date)

<b>DATE:</b>							
<b>DAY:</b>							
Did you take any naps yesterday? If yes, give the total sleep in minutes.							
When did you turn out your lights and actually try to fall asleep?							
What time did you wake up for the last time this morning?							
How many hours did you actually sleep?							
Compared to usual, how was your sleep last night? (U =usual, W =worse, B =better)							

**Use the space below to include any comments you think might be helpful:**