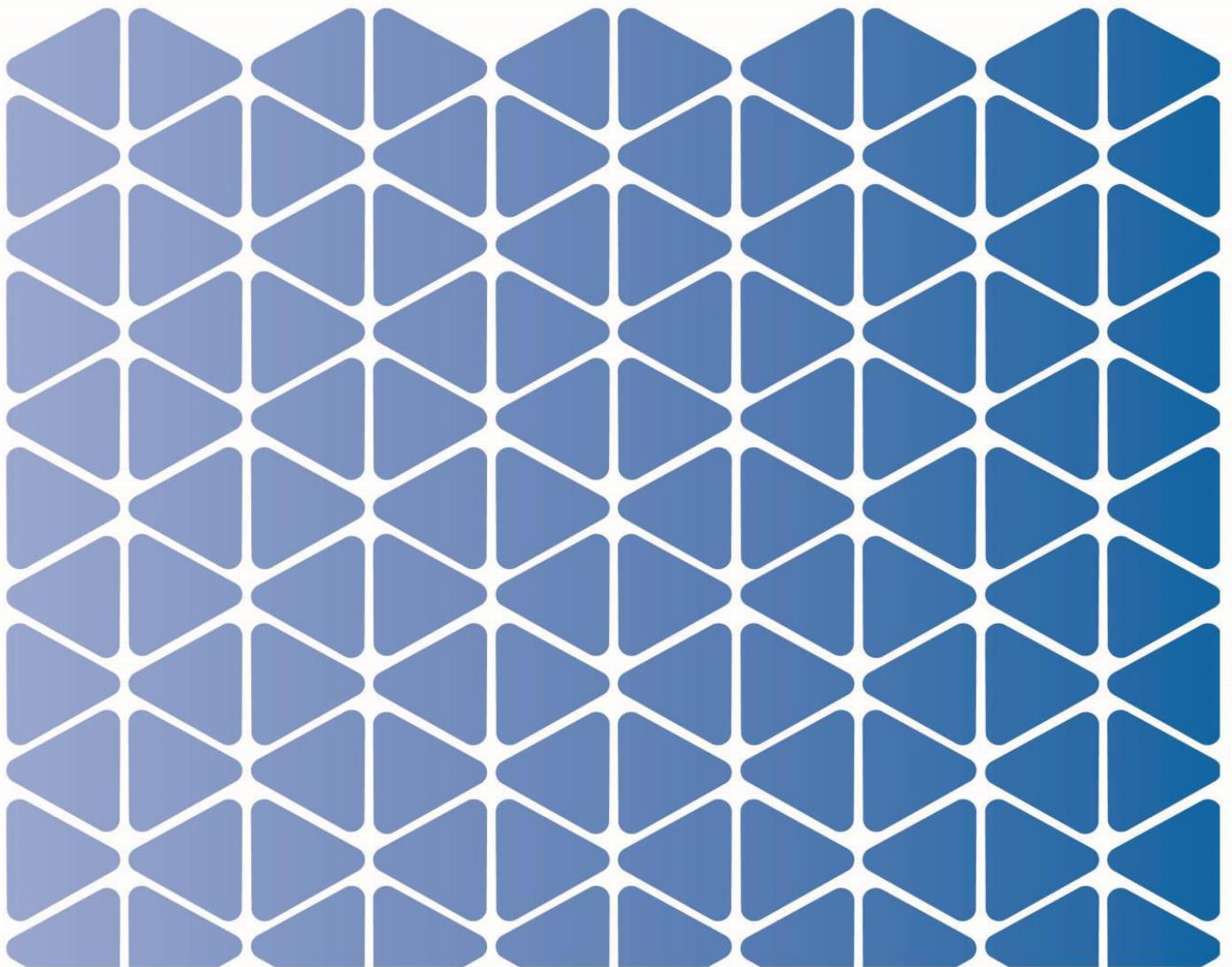




PATIENT INFORMATION

MULTIPLE SLEEP LATENCY TEST

WHAT YOU CAN EXPECT



What is an MSLT?

A MSLT records the electrical activity of the brain, eye movement and muscle activity during wakefulness and sleep. We are interested in the average time it takes you to go to sleep as well as your sleep pattern.

How to prepare for the test

- ❖ It is **essential** for you to **confirm that you can attend** this appointment, within 5 working days, by calling us on 01905 733532 between 8am – 4pm Monday to Friday. Failure to do so may result in the appointment being re-allocated.
- ❖ Your hair should be clean and free of hair products.
- ❖ If you are taking any medication, in particular benzodiazepines, anti-depressants or sleeping tablets, please phone the department beforehand, as some medications can affect the recording. Please bring a list of all your current medications with you.
- ❖ You may wish to bring something to occupy yourself during the day such as a book etc.
- ❖ Due to the length of the test lunch will be provided

What to expect during the test

Your test will include 4 or 5 recordings over the day. Each recording will take up to an hour, you will lie on a bed and have the opportunity to sleep. After each recording, you will be asked to leave the department and return about an hour later. During these intervals you should NOT consume alcohol or caffeine or fall asleep.

Small metal discs will be placed on your head, face and arms with a paste and may be left attached between recordings. You will not feel anything from these wires. Your hair may be 'messy' after this and will need to be washed when you get home. You may like to bring something to cover your head afterwards.

How do I get the results?

Your test results will be interpreted by a Neurophysiologist and the results will be passed on to your Consultant. These will be discussed with you at your next outpatient appointment.

Additional Information

Unfortunately, we cannot see people who are more than 20 minutes late. It can take a long time to park, so please give yourself plenty of time to get here.

You may wish to bring a relative or friend to accompany you. However please do not bring children with you to your appointment.

Worcester Royal Hospital is a teaching hospital and there may be students observing or performing your test.

Directions to the department

The Neurophysiology department is located on Level 0 (River Level) at the Worcester Royal Hospital. As you enter through the main entrance take the lift or stairs opposite down one floor. The entrance to the department is in the lift lobby opposite the River Court Restaurant.

Where can I find more information?

If you have any queries please call the Neurophysiology department on 01905 760697.

Further information about the test is available at:

www.ans.uk.org/tests

www.bscn.org.uk

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.