

What To Expect At Your Daytime Sleep Testing

Additional Daytime Testing may be performed if your sleep clinician suspects excessive daytime sleepiness or narcolepsy. Some employers now require these tests for fitness of duty after treatment of sleep apnea, especially for commercial drivers and pilots. If you were given a 2 week sleep diary, you must make sure this is completed prior to your appointment. Failure to have this could result in a rescheduling of your appointment.

PREPARATION

Upon your awakening from your overnight sleep study, the technologist will remove the breathing and leg sensors. You will keep on the scalp, face and chest sensors for the daytime test. You will fill out your morning paperwork, change into day-time clothes and have breakfast. We may obtain a urine sample from you during the morning for a routine drug test. Many different medications can interfere with your sleep and sleepiness.

SLEEP TESTING

About 1 ½ to 2 hours after you wake up, we will start your first test. You will have 4 or 5 tests during the day, 2 hours apart. The technologist will perform some calibrations to make sure the sensors are working (such as keeping your eyes open, blinking, snoring) before the start of your first test. There are two different daytime tests. The Multiple Sleep Latency Test (MSLT) measures how sleepy you are. The Maintenance of Wakefulness Test (MWT) measures how well you are able to stay awake. At the Sentara Fort Norfolk location, we also perform driving simulation tests.

- MSLT - The MSLT is a series of 5 naps throughout the day. We will tell you when to lay down in bed for each nap. We will turn off the lights at the start of the nap and monitor your brain-waves to see how much you sleep during the nap. At the end of each nap, the technologist will ask if you fell asleep, how long it took you to fall asleep and if you dreamed. We compare your perceptions to the results of your study. Each nap lasts between 20 and 45 minutes. You must stay awake and out of bed between your naps so we suggest that you bring a book, laptop, magazine, etc to help keep you awake between naps.
- MWT - The MWT is a series of four 40-minute tests throughout the day. The technologist will come in and have you sit comfortably on the bed with a ramp pillow to prop you up so you are in a relaxed, seated position. The lights are dimmed at the start of the test. They will ask you to keep your eyes open, sit still and try to remain awake for as long as possible. Each test is at most 40 minutes long. Between the tests you must stay awake and out of bed between your naps so we suggest that you bring a book, laptop, magazine, etc to help keep you awake between naps.

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- Driving Simulator Test - At Sentara Fort Norfolk Sleep Center, a driving simulator test may also be ordered. This test will be conducted between two of your sleep tests. This is conducted in a room with a screen, brake and accelerator controls. You will perform a 10 minute practice drive and an hour long test drive to see how your sleepiness impacts your performance. A small percentage of patients experience simulator sickness where you may feel dizzy or nauseas so please inform your technologist if you start to feel this way during the drive.

INSTRUCTIONS FOR STUDY

1. Have a good night's sleep prior to your day tests.
2. Please continue taking all prescribed medications unless otherwise instructed by the Sleep Clinician.
 - If you need to take any medication while you are in the laboratory, bring them with you in the original prescription container. If medications are not in the original container, you must be able to identify and know the purpose for each pill. All other meds should be left at home.
 - Please do not forget any sleep medication if one is prescribed during your consult or follow-up appointment with the clinician. You may also bring any over-the-counter sleep aid if you plan to take one during your sleep study. DO NOT take them while you are still at home and please inform your sleep technologist that you are planning to take one.
 - We are an outpatient facility and will not be able to provide you with any medications. Wiring takes some time and it may prove to be difficult to wire anyone that is already feeling drowsy or sleepy.
3. Please shower, but DO NOT add oils or lotions to your body and hair before coming into the lab. Use shampoo only.
4. Please DO NOT wear dark nail polish or long acrylic nails. They interfere with this signal of the finger probe
5. We must be able to attach sensors directly to your scalp. Please keep this in mind with any hair pieces you might wear (such as tight weaves). The study will have to be cancelled if we cannot access your scalp. For gentlemen, a clean shaven chin would be appreciated but not necessary.
6. Please remember to wear your portable oxygen to the center if you wear it during the day.

WHAT TO BRING

- Wear comfortable, loose clothing.
- You may bring books, electronic devices (laptop, iPad, DVD player) to help pass time between the tests. Note: not all facilities include TVs in the bedrooms.
- Bring snacks, breakfast, lunch and drinks. No caffeine is allowed. Meals are provided at sleep centers located within hospitals.
- Medication List - even if one is already on record (list medication name, dosage, time taken, and purpose)
- Toiletries - toothbrush, hairdryer, shampoo – the laboratory supplies towels and generic toiletries if needed.

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END OF DAY

After your last test, the technologist will take off all the sensors. We have showers available for you. You will have cream in your scalp which is water soluble and comes out well with soap and hot water, so taking a shower before going to work is advisable. We expect that you will be ready to leave the Sleep Center within 1 hour after being unwired.

RESULTS

Your sleep studies are reviewed by a daytime technologist and interpreted by a Board Certified Sleep Specialist. They create a report with your results which is sent to your referring physician. You will have a follow up appointment within 2 weeks of your test to review the results with your sleep clinician and discuss treatment and next steps. If you are unsure of when your follow up appointment is, please call the office to find out or schedule one.

Please remember to take your belongings with you the next morning or at the end of your study. We are not responsible for any valuables you bring into the hospital.