

The Roald Dahl Neurophysiology Department

Polysomnography / Multiple Sleep Latency Test (MSLT)

Information for parents and carers

Introduction

You have been advised that your child needs to have a Polysomnography / Multiple Sleep Latency Test (MSLT). This takes place over a two day period. A Clinical Physiologist will do the test, it is painless and will not hurt your child. The information below is aimed at helping you to prepare your child for the test.

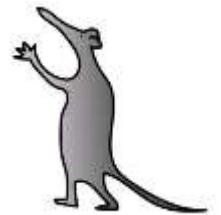
Day One - PSG (Polysomnography)

- You and your child attend the Neurophysiology Department at 3.00 pm.
- Special sticky tabs will be attached to your child's head, shoulders and legs.
- The tabs will be connected to a small recording device.
- Your child will carry the recording device with them until the next day so that their sleep can be monitored.
- They will go home with the recording device and come back to the EEG Department the next morning.

Day Two - MSLT (Multiple Sleep Latency Test)

Please note: This will be a full day of testing, and will finish about 4.30 pm.

- You and your child will attend the Neurophysiology Department at 9.00am.
- The testing periods start at 9.00am, 11.00am, 1.00pm and 3.00pm and may last up to 90 minutes.
- During each testing period your child will be assessed using the following method:
MSLT (Multiple Sleep Latency Test)
Your child will lie down on the bed and be asked to go to sleep.
- There will be a break in between testing periods of approximately 30-60 minutes where you can watch TV / DVD, go for a walk etc.



The Clinical Physiologist cannot give you the results of the test on the same day but you will receive the results of the test at your next clinic appointment.

If you require further information about the polysomnography / MSLT please telephone **0151 252 5375**.

The results of the study will be analysed. At your next clinic appointment the doctor will discuss the results with you.



This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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