

Sleep study service, St Mary's Hospital

Multiple Sleep Latency Test (MSLT) for children and adolescents

Information for patients, relatives and carers

What is a Multiple Sleep Latency Test (MSLT) sleep study?

An MSLT sleep study is an **investigation to find out (diagnose) or rule out sleep problems**. It involves attaching a few small sensors to the body to record **sleep, breathing, and movement patterns**. The study involves an overnight sleep recording, as well as a series of naps the next day. It will help us decide what care your child needs.

Sleep studies are not invasive; they do **not** involve any needles or medicines, and they do **not** hurt.

Before your appointment

You should receive an email or letter to confirm the appointment date, time and location. It is **important to arrive at the correct time** (18.30 or 19:00). This is because this is a specialist service and special arrangements have been made for you and your child at this time. If you do not arrive by the scheduled time the bed may be offered to another child.

If you are running late, cannot attend the appointment, or your child is unwell on the day of the appointment, then please telephone as soon as possible to let us know. If it is after 18.00 on the day of your appointment, then please call the sleep study observation room directly on 020 3312 7688 (please note that this phone is not staffed at other times of the day). Alternatively, call or message the administrator on 07443 811 109 Monday to Friday, 09.00 – 20.00.

What to bring with you

Please make sure that you bring with you:

- **all medicines** that your child is taking (we can't give your child these if you don't bring them)
- day and night clothes
- any toiletries and nappies, if needed
- books and/or **your child's special toy or 'comforter'**

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- a small amount of money in case you want to visit a local shop to buy food/drinks (please note the hospital cafeteria is closed overnight). You can find more about facilities in and around the hospital by visiting our website: www.imperial.nhs.uk/our-locations/st-marys-hospital/facilities

When you arrive at the hospital

When you arrive, please:

1. Go to Queen Elizabeth the Queen Mother (QEQM) building and take the lift to level 6
2. **Press the call button** outside the children's outpatient department and wait for a member of staff to let you in; and
3. Tell staff if your child has any allergies to any medicine or adhesive (e.g. tapes or glues).

We will then take you and your child to your private bedroom and explain the procedure to you in detail.

An experienced member of staff will then attach the sleep sensors at the beginning of the night (usually around 19.00 or 20.00) and then let your child go to sleep in the quiet, private bedroom.

If your child is anxious about any part of the procedure then our staff will gently work with them, introducing play therapy if needed, to help them overcome any concerns. Most children are ok during the setup of the equipment.

We want your child to be relaxed and comfortable on the night of their sleep study to help ensure that their sleep patterns are as similar as possible to their usual sleep. For this reason, we encourage you to replicate your child's usual bedtime and routine. Please ensure that your child has bathed (including washed hair without the use of hair gels) and is dressed in their pyjamas. They will be able to use the toilet overnight when they need to.

The sleep technician will setup and continuously monitor your child's sleep study overnight.

The next day, the MLST part of the sleep study will happen. Your child will be given 4 or 5 opportunities to nap with 2-hours intervals after they wake in the morning. Between the naps they should remain awake and not consume any caffeine. The MSLT usually lasts until 14:00.

Meals

We do not provide food with this test, but you are welcome to bring your own food and drinks.

During the MSLT you are free to visit the café downstairs for lunch.

This is a 'care-by-parent' hospital admission

We have a 'care-by-parent' policy for your child's sleep study which means that you are responsible for the routine care of your child during the admission, including when they are playing, feeding, bathing, or need a nappy change. For this reason, **one parent (or adult guardian) has to stay overnight with your child**. We provide a separate, fully-reclining sofa bed next to your child's bed to for you to sleep on. Please note that only one parent or adult carer can stay.

What happens after the study?

Staff will remove the sensors the next day from about 14.00 and take the recording equipment away for cleaning. It can take one to two weeks to analyse and report the results of a sleep study because of how much information is collected overnight and the following day. The final report will be sent to the doctor who referred you from clinic and they will talk to you about the results in your next appointment.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk