



Sarasota Memorial Sleep Disorder Center
Rabih Loutfi, MD and Lakshmi Reddy, MD
1921 Waldemere Street, Suite 705 Sarasota, Florida 34239
Phone (941) 262-5248 Fax (941) 262-0897

Patient Instructions: MSLT and MWT

- Multiple Sleep Latency Test (MSLT) Date: _____ 7:00 a.m.
- Maintenance of Wakefulness Test (MWT) Date: _____ 7:00 a.m.

- Following your nighttime sleep study test, you will spend the following day at the sleep center. You will remain hooked up with electrodes and undergo a series of tests throughout the day. The daytime technologist will explain in detail how the test will be performed. You will be discharged approximately at 3:00 – 5:00 p.m. depending on the results of the test.
- You can bring something to eat and drink for the day, but these foods/drinks need to adhere to the guidelines on the “Nighttime Sleep Study” instructions.

Medication Instructions

Certain medications may be required to be discontinued up to two (2) weeks prior to your appointment. Failure to withhold necessary medications may invalidate the results of your testing. Please inform your provider if you take any of the following types of medication.

Do not discontinue these medications unless instructed by your provider.

- **Stimulants:** Any stimulant medication including but not limited to Adderall (amphetamine/dextroamphetamine), Ritalin or Concerta (methylphenidate), Dexedrine (dextroamphetamine), Vyvanse (lisdexamfetamine), or caffeine supplements such as Nodoz.
- **Weight Loss meds:** Oral or injectable medications for weight loss including but not limited to Contrave (bupropion-naltrexone), Saxenda (liraglutide), Alli (orlistat), Qsymia (phentermine-topiramate), or Adipex (phentermine).
- **Sedatives:** All sedative medications including but not limited to Valium (diazepam), Xanax (alprazolam), Halcion (triazolam), Ativan (lorazepam), Klonopin (benzodiazepine) ProSom (estazolam), Dalmane (flurazepam), or Restoril (temazepam).
- **Anti-depressants:** Any medications for depression including but not limited to Lexapro (escitalopram), Zoloft (sertraline), Prozac (fluoxetine), Paxil (paroxetine), Celexa (citalopram), Effexor (venlafaxine), Elavil (amitriptyline), Cymbalta (duloxetine), or Desyrel (trazodone).