

**Clinical Multiple Sleep Latency Test-Data sheet**

**ID#** \_\_\_\_\_

**Recorded by:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Scorers:** \_\_\_\_\_ / \_\_\_\_\_

Volunteers are monitored during four twenty minute opportunities to sleep, at approximately two hour intervals. For each the volunteer is allowed 20 minutes to fall asleep. The trial is ended when either of the following occur:

- 1) 15 minutes after the 1st epoch of sleep; or
- 2) the end of minute 20, even if no sleep occurred.

Nap time	Sleep Latency (minute to sleep onset)		Latency to REM	Epoch#	Did volunteer report sleep? (If yes, how long to sleep onset?)
	Scorer 1	Scorer 2			
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Sum of Sleep Latencies: \_\_\_\_\_  
 - Mean Sleep Latency: \_\_\_\_\_  
 - Data confirmed by: \_\_\_\_\_

Comments: \_\_\_\_\_

	Nap1	Nap2	Nap3	Nap4	Nap5
Indicate Y or N Smoked cigarettes?	_____	_____	_____	_____	_____
If yes, enter time:	_____	_____	_____	_____	_____
Drank caffeine?	_____	_____	_____	_____	_____
If yes, enter #cups:	_____	_____	_____	_____	_____