

## SLEEP COHORT STUDY – MSLTs

Data collection: MSLT Questionnaire  
MSLT Data Sheet  
Stanford Sleepiness Scale (completed for each nap)  
Sleep Log (volunteer completes for 6 days immediately preceding MSLT)

Phase 1 – An invitation to complete an MSLT was sent to the volunteer with the report from their overnight sleep study if the following conditions were met:

09/01/89 – 03/10/92 – Calculated Periodic Movement Index  $\geq 5$   
03/11/92 – 12/13/92 – Apnea hypopnea Index  $\geq 2.5$   
12/14/92 – 09/10/93 – Apnea hypopnea Index  $\geq 5.0$

10/1/93 - All volunteers have been invited to participate in a MSLT w/BP hookup since return studies began 10/1/93.

April 1997: Discontinued blanket invitation for a BP study. Only volunteers who have previously completed a BP study 4 years prior to their return visit will be invited to repeat the BP study. This change required medication of all SCS invitation letters and MSLT reminder letters.

January 1995: Modified reminder letter to remove phrase, “During the day of your study please don’t drink coffee, or anything else containing caffeine.” MSLT Questionnaire still asks volunteer if they have had any caffeine on day of study.

May 1995: Modified data sheet options of A, B, and C to limit scoring to one sleep latency value only....A) the end of test criteria. Other options were deleted...B) (the 1<sup>st</sup> epoch of sleep, stage 1 included) and C) (unambiguous sleep which is interrupted by a respiratory event and does not fill 50% of the epoch)

October 1995: All MSLT’s prior to 1/1/95 are to be rescored by 2 sleep techs and studies from 1/1/95 to 10/31/95 will be scored again by 1 additional sleep tech. All MSLT’s after 10/31/95 will be scored by 2 sleep techs.

January 1996: Modified questionnaire to add descriptive to question 1). Values remained the same. Modified order of questions on the sleep log. Values remain the same.

September 1997: Modified questionnaire item 1 to ask “what time did you go to sleep” instead of “time did you get to bed”.

August 2001: Started to do some Clinical MSLT in addition to the Research MSLT

August 19, 2003: No longer doing Research MSLTs, only Clinical MSLT’s

Dec 11, 2001 - July 1, 2004: A special subset of individuals coined as “N’s” were invited to participate in the overnight study and clinical MSLT. These individuals were identified according to their responses on SURVEY 3 that pertained to traditional Narcolepsy symptoms, who had not previously participated in the sleep cohort study.

The criteria according to survey 3 questions and survey 3 coding:  
where s3q20a = 4 or s3q20a = 5 or s3q20b = 4 or s3q20b = 5 or s3q20c = 4 or s3q20c = 5 or

$s_{3q21a} = 4$  or  $s_{3q21a} = 5$  or  $s_{3q21b} = 4$  or  $s_{3q21b} = 5$  or  $s_{3q21c} = 4$  or  $s_{3q21c} = 5$  or  $s_{3q21d} = 4$  or  $s_{3q21d} = 5$  or

or  $s_{3q22} = 4$  or  $s_{3q22} = 5$  or  $s_{3q23} = 4$  or  $s_{3q23} = 5$  or  $s_{3q24} = 4$  or  $s_{3q24} = 5$  or  $s_{3q25} = 4$  or  $s_{3q25} = 5$

or  $s_{3q26} = 4$  or  $s_{3q26} = 5$  or  $s_{3q14b} = 1$ ;