

MULTIPLE SLEEP LATENCY TEST

SCORING REVIEW

ID# C9205-2

DATE \_\_\_\_\_

Scored by \_\_\_\_\_

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

- 1) 3 epochs of continuous stage 1 or 1 epoch of any other sleep stage; or
- 2) the end of minute 20, even if no sleep occurred.

Nap	Page No.	Sleep Latency (min to sleep onset)	Latency to REM
1.	_____ /	_____	_____
2.	_____ /	_____	_____
3.	_____ /	_____	_____
4.	_____ /	_____	_____

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