Multiple Sleep Latency Test (MSLT) Report

Laboratory Information
- **Laboratory Name:** Sleep Disorders Center
- **Address:** 123 Sleepwell Ave, MedCity, France
- **Phone:** (123) 456-7890
- **Email:** contact@sleepcenter.com
- **Report Date:** 23/01/2025

Patient Information
- **Name:** Pierre Lefevre
- **Date of Birth:** 03/02/1985
- **Gender:** Male
- **Patient ID:** 789456

Test Details
- **Test Type:** Multiple Sleep Latency Test (MSLT)
- **Date of Test:** 22/01/2025
- **Indication for Test:** Excessive daytime sleepiness, suspected narcolepsy
- **Pre-test Preparation:** Normal sleep the night before, no medication interfering with sleep cycles
- **Test Duration:** 5 nap opportunities (each nap lasting up to 20 minutes)

Test Results

Nap 1 (10:00 AM):
- **Sleep Latency:** 6 minutes
- **Sleep Stages:**
    - Stage 1: 1 minute
    - Stage 2: 4 minutes
    - **REM sleep:** 1 minute
- **Conclusion:** The patient entered **REM sleep almost immediately**, which is highly suggestive of a pathologic condition such as narcolepsy.

Nap 2 (12:00 PM):
- **Sleep Latency:** 5 minutes
- **Sleep Stages:**
    - Stage 1: 1 minute
    - Stage 2: 3 minutes
    - **REM sleep:** 1 minute

- **Conclusion: Rapid entry into REM sleep** continues to be observed, consistent with abnormal sleep onset characteristics.

Nap 3 (2:00 PM):
- **Sleep Latency:** 7 minutes
- **Sleep Stages:**
  - Stage 1: 2 minutes
  - Stage 2: 4 minutes
  - **REM sleep:** 1 minute
- **Conclusion:** Persistent short sleep latencies and REM entry on the first cycle, supporting further suspicion of **narcolepsy type 1**.

Nap 4 (4:00 PM):
- **Sleep Latency:** 8 minutes
- **Sleep Stages:**
  - Stage 1: 2 minutes
  - Stage 2: 5 minutes
  - **REM sleep:** 1 minute
- **Conclusion: Consistent rapid REM sleep onset** across naps, a hallmark of narcolepsy.

Nap 5 (6:00 PM):
- **Sleep Latency:** 6 minutes
- **Sleep Stages:**
  - Stage 1: 1 minute
  - Stage 2: 4 minutes
  - **REM sleep:** 1 minute
- **Conclusion:** Rapid entry into **REM sleep** was again noted. No improvement in sleep patterns despite a longer duration of the test.

Summary of Findings:
- **Average Sleep Latency:** 6.4 minutes (normal range: 10-20 minutes)
- **REM Sleep Onset:** Present in all naps, often occurring within 1-2 minutes of sleep onset.
- **Interpretation:**
  - The results show **significantly shortened sleep latencies** and **early onset of REM sleep** in all nap opportunities. This is **consistent with narcolepsy**, likely **type 1**, which is characterized by rapid transitions into REM sleep during the day.

Comments and Recommendations:
1. **Diagnosis:** The findings strongly suggest **narcolepsy type 1** (with cataplexy) or possibly a related sleep disorder.
2. **Further Evaluation:** A **Polysomnography (PSG)** study during the night is recommended for confirmation of narcolepsy and to rule out other sleep disorders such as sleep apnea.

3. **Management:** Consideration of medications such as **stimulants** (e.g., modafinil) or **sodium oxybate** to manage excessive daytime sleepiness and cataplexy symptoms, if present.
4. **Follow-Up:** Referral to a sleep specialist for ongoing management and monitoring of symptoms.

Signature of Sleep Specialist

Signed by: _____
Dr. Isabelle Martin, MD
Sleep Medicine Specialist

Disclaimer:

This report is intended for use by the prescribing physician. Interpretation and clinical decision-making should be based on the complete clinical picture.