Polysomnographic and Multiple Sleep Latency Test (MSLT)

Description

The study used portable polysomnographic monitoring and multiple sleep latency tests to diagnose sleep pathologies. The study included two sessions of overnight monitoring (standard means of identifying sleep disorders), and performed multiple sleep latency testing, which was a series of at least four 20-minute naps carried out in 2-hour intervals beginning two hours after awakening from an initial overnight sleep study. The nocturnal polysomnography and daytime multiple sleep latency testing (MSLT) were conducted in a 4-bed laboratory established at Wesley Medical Center, Wichita, KS. Polysomnography was conducted on night 1 and night 2. MSLT was conducted on the following day after night 1. Patients arrived 3 hours before their typical bedtime on night 1 for electrode application and standard biocalibrations. "lights out" and "lights on" time were 22:00 and 07:00, respectively. MSLT testing schedule was adjusted for other measures being collected; MSLT began at 11:00 and consisted of three additional naps at 13:00, 15:00, and 17:00.

This data set contains the polysomnographic and MSLT data for 86 subjects, 43 CFS cases and 43 matched controls.

The details of measurements and data processing are provided in [Reeves 2006]

Study Sample

86 participants

Data Collection Method

Refer to [Reeves 2006]

Reference

Reeves WC, Heim C, Maloney EM, Youngblood LS, Unger ER, Decker MJ, Jones JF, Rye DB. Sleep characteristics of persons with chronic fatigue syndrome and non-fatigued controls: results from a population-based study. *BMC Neurology* 2006; 6:41.

Decker MJ, Tabassum H, Lin JM, Reeves WC. Electroencephalographic correlates of Chronic Fatigue Syndrome. *Behavioral and Brain Functions* 2009; 5:43

Majer M, Jones JF, Unger ER, Youngblood LS, Decker MJ, Gurbaxani B, Heim C, Reeves WC. Perception versus polysomnographic assessment of sleep in CFS and non-fatigued control subjects: results from a population-based study. *BMC Neurology* 2007; 7:40