

Table 2

Means with 95% CIs for the mean sleep latency (minutes).

	Earlier Definition ^a	Later Definition ^b	Other/Unknown Definition
Total	11.7 (10.8–12.6) k = 53	11.8 (10.7–12.8) k = 21	12.5 (11.5–13.4) k = 36
Mean age, years			
18–34	11.4 (9.7–13.2) k = 28	11.5 (9.8–13.3) k = 11	12.2 (10.9–13.4) k = 16
35–49	11.9 (11.0–12.8) k = 20	11.5 (9.5–13.5) k = 5	12.4 (10.5–14.4) k = 12
50–64	12.0 (11.8–12.3) k = 3	14.2 (13.0–15.4) k = 1	12.0 (8.3–15.7) k = 3
65–79	–	12.6 (10.8–14.3) k = 3	13.5 (11.1–15.9) k = 1
80+	–	–	10.7 (9.2–12.1) k = 1
Sex			
Reported on both sexes	12.0 (11.0–13.1) k = 41	12.0 (10.6–13.4) k = 15	12.2 (11.2–13.2) k = 30
Reported on males only	9.5 (6.2–12.9) k = 4	11.2 (9.3–13.1) k = 6	13.9 (11.4–16.5) k = 5
Reported on females only	10.7 (9.2–12.3) k = 7	–	–
Number of nap attempts			
Four	11.7 (10.7–12.8) k = 34	11.3 (9.9–12.7) k = 14	12.7 (11.5–13.9) k = 18
Five	11.6 (9.9–13.3) k = 19	12.6 (11.2–14.1) k = 7	12.2 (10.9–13.6) k = 18
Prior night PSG			
In-laboratory	11.6 (10.5–12.6) k = 46	11.4 (10.2–12.6) k = 18	12.5 (11.5–13.4) k = 36
At-home	14.9 (14.0–15.8) k = 4	16.2 (13.3–19.1) k = 1	–
Not completed	10.9 (9.0–12.8) k = 3	13.3 (11.2–15.3) k = 2	–
Screening for SDB			
Mean AHI <5	12.4 (11.8–13.0) k = 12	11.7 (8.8–14.6) k = 5	12.9 (11.6–14.3) k = 13
Mean AHI <10	11.5 (10.6–12.4) k = 21	11.2 (8.6–13.9) k = 6	12.8 (11.6–14.0) k = 18
Mean AHI <15	11.5 (10.6–12.4) k = 21	11.0 (9.3–12.7) k = 11	12.7 (11.4–13.9) k = 19
SDB explicitly excluded but no AHI cut-off provided	12.6 (10.7–14.5) k = 9	10.9 (8.2–13.6) k = 1	12.5 (9.2–15.8) k = 2
General mention of screening for sleep disorders, no AHI cut-off provided	11.3 (8.7–13.9) k = 17	12.9 (11.0–14.7) k = 7	12.5 (10.6–14.4) k = 12
No mention of screening for sleep disorders, no AHI cut-off provided	12.0 (10.9–13.0) k = 6	12.5 (11.3–13.6) k = 2	10.9 (4.5–17.4) k = 3

k represents the number of control groups combined to reach the pooled estimate. n represents the number of participants combined to reach the pooled estimate.

Abbreviations: AHI = apnea-hypopnea index; PSG = polysomnography; SDB = sleep-disordered breathing.

^a Time from lights out to the beginning of the first epoch of any stage of sleep, including time to stage 1.

^b Time from lights out to the beginning of three consecutive epochs of stage 1 sleep, or one epoch of any other stage of sleep.

Iskander A, Jairam T, Wang C, Kendzerska T, Murray BJ, Boulos MI. Normal multiple sleep latency test values in adults: A systematic review and meta-analysis. *Sleep Med.* 2023 Sep;109:143-148. doi: 10.1016/j.sleep.2023.06.019. Epub 2023 Jun 29. Erratum in: *Sleep Med.* 2023 Oct;110:179. doi: 10.1016/j.sleep.2023.08.001. PMID: 37442016.