

MWT Information

What to Expect

The “MWT” or Maintenance of Wakefulness Test is an objective test of your ability to stay awake during the day.

When you arrive in the morning, if the door is locked, please push the doorbell, and the technician will let you in and show you to your private room. The technician will call you into the set-up room where electrodes will be attached to your scalp with water soluble paste to monitor brain wave activity. This enables the technician to determine when you fall asleep and how deeply you sleep.

The test consists of 4, forty minute sessions spaced out every 2 hours throughout the day. The approximate times are 8 am, 10 am, 12 pm and 2 pm. During each session you are asked to remain awake in a semi-reclined position in a room with dim lighting. The technician will let you know when the session is completed at which time you are asked to remain awake until the next session. After your study is completed, it is scored by a technician and interpreted by a sleep disorders physician. Your sleep disorders physician will review the results with you at your scheduled follow-up appointment.

What to Bring

Pack a small bag with all the items you will need for your day stay away from home. Do not bring valuables. Items to bring include:

- **Comfortable Clothing:** such as sweat pants and T-shirt.
- **Food and drink** for lunch or snack
- **Personal Toiletries:** towels, shampoo and soap are provided. Showers are available.
- **Medications:** bring all the medications you normally take. Take your usual medications on the day of the study **unless instructed otherwise** by your sleep disorders physician.
- **Personal Items:** reading materials such as a books or magazines, puzzle books, laptop, tablet, etc. to occupy your time in between naps.

On the day of the Study

- Please shower and wash your hair. This allows the technician to easily apply and remove electrodes. Do not apply gel, oil or hairspray prior to the study. Men, please shave if you normally do so. Women, please wear limited if any makeup and no nail polish.
- Please arrive at your scheduled time. If you are running late, please telephone the number for you lab listed under “Contacts” on the website at so we can advise you. **Please note that we require 72 hour cancellation notice.** Missing a study is a waste of limited and expensive resources. It is also not fair to others who are waiting for a study. If you are unsure of whether you can make it, please let us know. Except in extenuating circumstances, **patients who do not provide adequate notice will not be rebooked!**
- You will be here for all day (until approximately. 3:00 pm) for your MWT.
- Please bring food for the day. We have a fridge to put your food in (please put your name on it) and we also have a toaster and microwave that you may use.

MWT RULES

- Please check with the Technician before you take any medication as some can make you drowsier while others have a stimulating effect.
- You are not permitted to be in your bed between sessions.
- No sleeping between scheduled sessions.
- No smoking for ½ hour before your scheduled sessions.