

Patient Instructions for Sleep Study and MSLT – printable version

Maintenance of wakefulness test

The Maintenance of Wakefulness Test (MWT) does not need to be done in conjunction with an overnight sleep study. You will be given a time to arrive at the sleep center, typically 7:30 am.

Patient Instructions for the Maintenance of Wakefulness Test (MWT)

Your Maintenance of Wakefulness Test will be conducted at the Sleep Medicine Associates sleep facility 7307 Columbia Street, on Evansville's east side.

You need to bring the following items with you for your sleep study and MWT:

- Insurance card(s)
- Driver's License
- Comfortable clothing
- Toiletries that you will need after your study
- *A current list of the medications that you take (if any)*
- **All medications that you will need to take during your study** (*the sleep center staff will not be able to supply you with, or obtain any medications for you*)
- Any clothing that you might want to change into prior to leaving the center
- Lunch for the day of your MWT (a refrigerator and microwave will be provided for your use)
- Reading materials. A television will be available for your use

Preparing for your MWT:

- You will want to maintain your usual bedtime schedule the night before you MWT.
- Awaken at your normal wake up time
- Avoid caffeine (coffee, tea, cola drinks, chocolate) after noon the day of your sleep study
- Please bathe or shower before you come for your study
- Please shampoo your hair before you come for your study; ***please do not put any conditioners, hair spray, or styling products in you hair***

When you arrive for your MWT:

1. Please arrive at the sleep center at the time specified when your MWT was scheduled. It is important that you arrive on time for pre-study activities.
2. If the front entrance doors are locked, communicate with one of the sleep center technicians using the intercom located to the right of the entrance doors. If not locked, proceed to the second level using the elevator located in the entrance lobby.
3. A technician will let you in the building, and direct you to the sleep facility located on the second level of the office building. The technician will greet you when you arrive at the sleep center and will escort you to your bedroom.
4. **SMOKING IS NOT ALLOWED IN THE OFFICE BUILDING, SLEEP CENTER FACILITIES OR ANYWHERE IN THE PATIENT BEDROOMS.**

5. Once you have had a chance to make yourself comfortable in your room, the technician will prepare you for the study (“hook-up”). This involves applying electrodes to your scalp, near your eyes, under your chin and on your chest and legs. The proper application of these electrodes and sensors is critical for obtaining the information needed to evaluate your sleep, and diagnose a sleep disorder.
6. After the hook-up is completed, you will be given an opportunity to relax in your room until it is time to begin your MWT. During the MWT trial, you will be asked to sit comfortably and quietly in a chair in a dimly lit room and instructed to stay awake as long as you can. These trials will be conducted at two-hour intervals throughout the day. During the trial, your brainwaves will be monitored to determine how long you were able to stay awake.