



## **PHELPS COUNTY REGIONAL MEDICAL CENTER**

### **Maintenance of Wakefulness Test (MWT)**

**Neurodiagnostics/Sleep Lab telephone: (573) 458-7650**

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#### **What is an MWT?**

An MWT is a test that consists of four, forty-minute nap opportunities referred to as tests scheduled two hours apart.

The patient is given four opportunities to document the ability to stay awake for forty minutes without stimulation. Measurements of the duration between the start of the test and the first sign of sleep are recorded. This data is used to determine the ability of a patient to stay awake in a given situation.

#### **Why should I have an MWT?**

The MWT is used to measure how alert you are during the day. It shows whether or not you are able to stay awake for a defined period of time. This is an indicator of how well you are able to function and remain alert in quiet times of inactivity. Many times patients who undergo Department of Transportation (DOT) or Federal Aviation Agency (FAA) physicals are asked to complete an MWT before returning to work if they have a diagnosed sleep related disorder.

#### **What is the procedure for having an MWT?**

Patients generally are asked to show up to the Sleep Lab around 7 a.m. Once registration is complete, the patient will have different sensors placed in various positions on the head. Heart rate is also monitored.

After sensors are in place, the patient is placed in a comfortable chair and the lights are dimmed to eight watts. The patient will be asked to perform a series of simple tasks to verify technical integrity of the recording electrodes.

The patient is instructed to stay awake for the duration of the forty minute test period. External stimulation such as face slapping or foot rocking is not allowed. The test will terminate at the first sign of sleep or after the forty minutes are complete. Data from the four tests is compiled to determine the severity or lack of daytime sleepiness.

After the four tests are complete the electrodes are removed and the remaining paste is washed clean. There are no residual side effects from this test. A Sleep Lab physician will review the data and formulate a report that will be sent to your referring physician. Your physician will review the results and determine a course of follow-up care for you.

#### **Preparation:**

All patients should arrive with clean dry hair and scalp. Refrain from using products such as hair sprays, gel, oils and mousse. Take all medications as you normally would, unless instructed differently by your physician.

#### **Registration Process:**

All patients are encouraged to pre-register for their appointment by calling (573) 458-7737 between the hours of 8 a.m. and 5 p.m. Monday thru Friday. Please arrive 15 minutes prior to your scheduled procedure. If for any reason you are unable to keep your appointment please call us at (573) 458-7650 and we will gladly assist you in rescheduling.

**Your appointment, date and time:** \_\_\_\_\_.