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NEUROLOGY & SLEEP MEDICINE

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MAINTENANCE OF WAKEFULNESS TEST (MWT)

Revised RJMDPA/0722/2007

Maintenance of Wakefulness Test (MWT): The study helps to determine how well an individual can resist falling asleep. This information will help Dr. Joseph to determine whether an individual is relatively safe, from a sleep perspective, to drive or pilot an aircraft. By studying changes in the brain waves, Dr. Joseph will be able to determine how well your brain can resist falling asleep. The test is carried out during the daytime. The testing begins about 8 AM and continues for the entire day, ending about 4.30 PM. During the study you will be told to try and remain awake during the “nap tests”, administered every two hours for a total of 4-5 naps. Each of these “nap tests” will be for either 20 minutes or 40 minutes. In preparation for the test, small surface electrodes will be applied to your head and face. The process of getting you ready for the testing may take about 30 mins. The technician will monitor the recordings from an adjacent area. The technician will be reachable by two-way intercom, and will be readily available should you need assistance. By analyzing changes in your brain waves, eye movements and muscle activity, Dr. Joseph will be able to determine how well your brain can resist falling asleep. Please visit our website: www.SleepDisordersClinic.com

PREPARATION

WEEK PRIOR TO TESTING: During the week prior to testing, keep a log of your sleep pattern on the Sleep-Log form provided to you. It is important that you try and sleep 6-8 hours nightly.

NIGHT PRIOR TO TESTING: It is important that you get a good night’s sleep, a minimum of 6-8 hours of sleep.

DAY OF TESTING:

TIMING: Please plan to be at the Clinic at your scheduled time

SHOWER: Before coming for your test, it is important to take a shower and shampoo your hair. Thereafter, do not apply any lotion or cream.

CLOTHING: It is helpful to dress lightly, preferably with a front open shirt.

NAPS: Do not take any naps in between the scheduled “nap tests”

TOBACCO/CAFFEINE: On the day of the test, you must avoid all stimulants such as tobacco and caffeine, including soft drinks, coffee, tea, etc.

READING MATERIAL: Bring reading material that can help you pass time between the “nap tests”. Remember your reading glasses, if applicable.

FOOD: Please bring a sacked lunch. Avoid alcohol

MEDICATION: You may take all your usual medicines during the daytime.

DRIVING: If you are drowsy, do not drive. Have a friend or family member drive.

I acknowledge that I have read this document and have no questions.

SIGNATURE: _____

NAME (Print): _____ **DATE:** _____