

Snoring
Narcolepsy
Obststructive sleep apnea
Restless legs
Excessive daytime sleepiness



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Information for MWT Patients

Background Info: an MWT is a Maintenance of Wakefulness Test. The purpose of this study is to test your ability to maintain wakefulness under difficult circumstances. The technician on duty will place you in a room for 40 minutes, seated in an upright position, with the lights dimmed. You must stay awake (to the best of your ability) for these 40 minutes. You must not move excessively, scratch or tap arms or legs excessively, talk or sing to yourself during these 40 minutes. If you do, the results of the test may be compromised. Following the 40 minutes testing, you will have a 2 hour break. In this break you may do anything you like except sleep or any strenuous activities. You must stay at the clinic during this time. After your 2 hour break, the technician will commence your second 40 minute testing. There will be 4 tests to complete through the day.

Since we want to see how well you can stay awake, ensure you have a good night's sleep on the night prior to your MWT study. Try to achieve at least 7 hours sleep if possible.

If you are on CPAP therapy, ensure you use your machine, as you normally would, on the night prior to your MWT study.

If exclusive lateral sleep has been recommended, ensure you try to sleep exclusively on your side the night prior to your MWT study.

If Madopar treatment or any other treatment has been recommended for your Restless Legs or Periodic Limb Movement Disorder, ensure you take your medication as usual on the night prior to your MWT study.

Please arrive at the clinic by 6:30am. When you arrive the technician will apply a number of different sensors to your head and face for the physiological recordings.

Please wear your normal day clothes when you attend for your MWT study.

Please bring enough food and drink to last you the day, however you must AVOID CAFFEINE on the day of your MWT study. This means no coffee, tea, coke or energy drinks (eg: Red Bull, V, etc). Green tea is fine to drink throughout the day though.

If you smoke, you cannot smoke 30 minutes prior to each testing period. The technician will advise you of this on the day.

At some stage during the day the technician on duty will ask you for a urine sample. This urine sample is sent to QML pathology to make sure there is nothing that could compromise the results of your MWT study.

You should be ready to leave the clinic by 4:30pm. If you have any other questions please ask the technician on duty.