

Sleep Study

Maintenance of Wakefulness Test

Marshfield Medical Center–Marshfield

Your doctor has scheduled you to have a maintenance of wakefulness test on _____.

Check in at the Sleep Medicine on the ground floor, Desk GB at _____ a.m.

Other _____.

If you need to cancel or reschedule your appointment for any reason, call Sleep Medicine as soon as possible. The phone numbers for Sleep Medicine are: **715-221-6001** or **1-800-782-8581 ext. 1-6001**.

The Sleep Center's private bedrooms are similar to hotel rooms. The rooms are supplied with pillows, blankets, towels, and wash cloths. In addition, a private bathroom with a shower is available in each room. Handicapped facilities are also available.

The maintenance of wakefulness test (MWT) is done during the daytime. The MWT consists of a series of 40-minute trials, during which you try to stay awake. The test is done at 2 hour intervals, usually beginning about 2 hours after waking up from a typical night of sleep. During the trials, your brainwaves are recorded with electrodes attached to your head to determine how long you are able to stay awake.

Bring something to read, work on, or watch during the day to help keep you occupied between trial periods. A TV and DVD player are provided in each room. Feel free to bring in your own DVDs to watch in-between test. WIFI is available. In order for the testing to be accurate, you must remain awake between trials. The MWT is usually completed by 5:30 p.m.

Meals are not provided but can be purchased in the cafeteria. If you wish to bring food from home, a refrigerator and microwave are available to use.

Wear comfortable clothing. Leave jewelry at home.

Follow your doctor's instructions regarding medicines. Bring any medicines or supplies you are currently taking and take them as directed by your doctor. You are asked to avoid any stimulants, including caffeinated beverages such as coffee, tea, soda, or chocolate during the day of testing.

You must not smoke for at least 20 minutes before each session.

After the study the technologist will remove the electrodes. You may shower once you are unhooked. Towels are provided, but bring your own soap and shampoo from home.

After the test is completed, it will be reviewed by the sleep medicine doctor. The results will be discussed with you during a follow-up appointment.

