

THE SLEEP DISORDERS CLINIC

Medical Director: Dr Raymond Gottschalk

55 Frid Street, Unit 7, Hamilton, Ontario L8P 4M3
282 Linwell Road, Suite 118, St. Catharines, Ontario L2N 6N5
CMH, 700 Coronation Boulevard, Cambridge, Ontario N1R 3G2

Phone: 905-529-2259 Fax: 905-529-2262
Email: reception@sleep-clinic.ca
Website: www.sleep-clinic.ca

MAINTENANCE OF WAKEFULNESS TEST (MWT)

MSLT: The Maintenance of Wakefulness Test consists of four, forty minute test periods every two hours that span over the entire day. You will be at the clinic until approximately 5pm.

PLEASE COMPLETE THE TWO WEEK SLEEP DIARY AND BRING IT WITH YOU TO YOUR APPOINTMENT.

Location: 55 Frid Street, Unit 7, Hamilton, Ontario.

Clothing: You will be required to wear two piece sleep wear

Showers: Please have a shower/bath prior to coming to the office for the study as the electrode adhere to clean skin.

Alcohol: Alcohol should not be consumed the day prior and the day of the study.

Caffeine: Please avoid all caffeine drinks prior to the test and day of testing.

Medicine: Ensure that you bring all medications that you require during the day

Food: Please bring food or drink that you may want to consume during the day. A refrigerator, microwave and toaster oven is available for your use.