

MAINTENANCE OF WAKEFULNESS TEST (MWT)

The Maintenance of Wakefulness Test (MWT) 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 AS THIS IS NEEDED TO INTERPRET THE SLEEP STUDY *****

- Arrival Time:** [Hamilton location](#) –At your designated arrival time.
- Prior to arrival:** Please have a shower/bath prior to coming in for your test as electrodes adhere best to clean skin.
- Clothing:** You can wear comfortable daytime attire.
- Alcohol:** Alcohol is not to be consumed the day prior and on the day of the study.
- Caffeine:** Please avoid all caffeinated drinks prior to the test and day of testing.
- Medicine:** Bring all your medication that you require during the day. Please follow any medication instructions provided to you by your sleep specialist.
- Food:** Please bring any food and non caffeinated drinks that you may want to consume during the day. A refrigerator, microwave and toaster oven is available for your use.
- What to bring:** Health Card, medications, daytime attire, reading material and/or personal device.