

## Maintenance of Wakefulness Test

### Purpose of the Examination

The maintenance of wakefulness test (MWT) is intended to study your ability to maintain wakefulness.

### Preparing for the Examination

#### For two weeks before the examination

- Please **keep track of your sleeping in the sleep diary for two weeks** before the examination and hand in the diary when arriving to the examination.
- Please sleep as regularly as possible during the week before the examination. If you work in shifts, try to arrange a day shift for the week before the examination, so that your sleep pattern is as regular as possible when the examination begins. The night before the examination should be spent at home, sleeping in peace. Go to bed early, so that you are alert on the examination day.
- Please do not change any regular medication prescribed by a physician, unless you have received other instructions. If you have been prescribed medication increasing alertness, the effectiveness of which is tested with the MWT examination, you should not quit taking this medication. Please avoid taking temporary sleeping pills, sedative medication, stimulants, or other medication that affects your state of alertness for three days before the examination.
- You should not take more than two cups/glasses of coffee, tea, cola or energy drinks, or other stimulating substances per day for a week before the examination. It is recommended to avoid these altogether. You can use a maximum of one portion of alcohol per day for a week before the examination. It is recommended to avoid it altogether. (a portion = a bottle of beer, a glass of wine, 4 cl of strong alcohol)

#### On the examination day

- You should get up at 6:30 am or before on the examination day. You can have a normal breakfast, except that you should not have coffee, tea, cola or energy drinks, or any other stimulating substances.
- You should have clean and dry hair when coming to the examination. You should not apply hair spray, gel, or any other styling products after washing your hair. If your work includes welding, wash your hair especially carefully. Accumulated metallic dust in your hair can cause several technical disturbances during the examination.

- It is recommended to wear loose clothing.

## **Examination Process**

The electrical activity of your brain, your eye movements, your heart rate, and the muscle tension in your jaw muscles and in your limbs, are recorded in the examination. The examination is also recorded on video. Measurement wires are attached to your scalp with a water-soluble paste, which is dried using a blow dryer. Some of the wires are attached to your skin with tape.

The examination consists of four separate recordings, which begin at 8 am, 10 am, 12 noon and 2 pm. A single recording lasts for about 40 minutes. During the recording, you will be sitting comfortably in a reclining chair in a dim and calm room, trying to keep yourself awake, eyes open and staying still.

Between recordings, the wires will be detached from the recording device and you can walk around the waiting lobby of the unit. After the second recording, lunch will be served. You can use your phone between recordings, but you must shut it down during recordings.

## **After the Examination**

The examination ends by 3:30 pm. The wires are removed using water. Some paste is often left in your hair. You can wash it off when you next wash your hair.

A clinical neurophysiologist will analyse the examination and write a report. The report is directed to the clinic that ordered the examination. They will inform you of the examination results and any possible follow-ups.

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This instruction is intended for our patients who are in a care relationship.