

# WHAT IS MWT (MAINTENANCE WAKEFULNESS TEST)?

## Before the procedure

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## What Is MWT (Maintenance Wakefulness Test)?

- The MWT is used to measure level of your alertness or wakefulness.
- Studies are performed throughout the day, immediately after your overnight polysomnogram (PSG).
- MWT is generally scheduled as daytime procedure, from 8:00 am to 5:00 pm.
- This test can be ordered for a person who has been diagnosed with sleep apnea.
- The test includes four trials of two hours each.

### Before the procedure

- **Please bring your Emirates ID and insurance card.**
- **Please arrive 15 minutes before your scheduled appointment.**
- You will meet with a Patient Access Representative (PAR) at the registration desk, who will review your medical insurance card, Emirates ID and perform your registration check in.
- Avoid taking any naps all day.
- The night before your MWT, you will have an overnight sleep study. For the MWT to be accurate, you will need to sleep at least six hours during the overnight sleep study. An overnight sleep study will be used to determine if another sleep disorder, such as obstructive sleep apnea, is causing your excessive daytime sleepiness.
- Your hair should be clean and dry for the sensors to get a good contact. Do not apply any hairspray, styling mousse or gel to your hair.
- You may bring something to pass the time, such as a book, handicrafts, or crossword puzzles, as you must stay awake in the periods between the actual testing sessions.

- During the day of the study, you are not allowed to have any caffeinated beverages. You will have the opportunity to eat aswell, at your own expense.
- Part one: PSG, or overnight sleep study, for at least six hours monitored sleep.
- Part two: MWT, which includes a series of four trials.
- The MWT will last most of the day.

### The day of the procedure

- You are not allowed to have any caffeinated beverages and foods such tea, coffee, colas and chocolate, at least 24 hours before your scheduled appointment.
- You will see a Sleep Technologist and nurse on the 10th floor, who will take your vital signs and start the procedure. A technician will apply electrode wires to your head, torso and legs. You will be sleeping for approximately eight hours.
- Following the standard PSG study, some of the monitoring devices will be removed and you will spend the day at the Sleep Disorders Center.
- For each trial, you will sit quietly in bed with your back and head supported by a pillow. It is important that you are as comfortable as possible as you will be asked to sit still and look directly ahead of you, and stay awake for as long as you can.
- You are not allowed to do other things to try and keep yourself awake, which includes actions such as singing or slapping your face.
- All sunlight will be kept out of your room. Dim light will be located behind your bed and the room will be very calm and quiet. The room temperature will be set at your personal comfort level.
- If you fall asleep, you will be awakened after sleeping for only about 90 seconds. The test will end if you do not fall asleep within 40 minutes.
- You will be instructed to stay awake in a quiet dark area of the room with a small light at the bedside. Sit straight without any disturbance staying awake for 40 minutes.
- Between trials, you will have to stay out of bed and occupy yourself so that you stay awake.
- No mobile phone usage is allowed during the test.

### After the procedure

- After the procedure, all wires will be removed and a nurse will check your vital signs.
- When indicated, a nurse or Sleep Technician will review your discharge instructions with you.
- You have the option to take a shower before being discharged.

### Test results

- Results will be released by the HIMS (Hospital Information Management System), located on Level P1, after seven working days. During your follow-up appointment, your physician will discuss your test results with you.

If you have any questions or concerns, please call Cleveland Clinic Abu Dhabi at **800 8 CCAD (2223)**, extension 19064.

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