

Health and Medical Services  
Diagnostics Centre  
Neurophysiology Examination Unit

14 June 2023

## Maintenance of wakefulness test (MWT)

### Purpose of the examination

The maintenance of wakefulness test examines daytime fatigue and ability to stay awake in a peaceful environment.

### Preparing for the examination

**You must keep a detailed sleep diary (appendix) for two (2) weeks prior to your examination.** Please write down all medications and natural products that you are using, as well as the use of alcohol. **Bring the filled sleep diary with you to the examination.** It is important that you get enough sleep on the night preceding the examination, at least six hours. You should wake up 1.5–3 hours before the examination (at 5:30–6:30 am). You should also eat breakfast before your examination. Maximum of one cup of coffee or other stimulating drinks is allowed with breakfast. However, during the examination day drinking coffee or other stimulating drinks is forbidden. Smoking is allowed 30 minutes before the start of each of the four trials.

Take your regular medication, unless otherwise instructed by your doctor. If you have been prescribed medication that increase the state of your alertness and the effectiveness of this medication is assessed in the MWT, you should continue taking them. However, you should stop taking medication intended for temporary use (stimulating medicines, sleeping or sedative medication) three days prior your examination. Please write down all the medications you are using into the sleep diary.

It is recommended that shift workers do only morning or day shifts one week preceding their examination, so that their sleeping rhythm is as regular as possible preceding the examination.

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## Execution of the examination

The examination day begins at 7:45 am and lasts until around 15:00. The MWT consist of four 40 minute trials performed at two hours intervals. During each trial you must sit still and remain awake for as long as possible in a peaceful dark room. During the trial periods, EEG, i.e. the electrical activity of your brain, eye movements, muscle tension and ECG, i.e. the electrical activity of your heart, are recorded.

You can move freely between the trial periods, but sleeping is forbidden even if you are tired. On the examination day, you will be offered a free lunch.

The doctor will prepare a statement on the MWT examination to be submitted to the department that requested the examination. This department will inform you of the examination results and any further action required.

## Examination location

The Neurophysiology Examination Unit is located on the second floor of Building Y, above the main entrance of Building Y and Info Y (elevators 41 and 42).

Our unit is open during office hours, tel. +358 (0)6 415 4723.

**Please note! A penalty fee may be charged for a missed examination appointment that has not been cancelled.**

Our unit's website (in Finnish):

<http://www.hyvaep.fi/palvelu/neurofysiologia/>

Welcome!