



MAINTENANCE OF WAKEFULNESS TEST (MWT)

Your medical specialist (pneumologist or neurologist) has prescribed a maintenance of wakefulness test (MWT). This test will take place throughout the entire day at the hospital.

The **maintenance of wakefulness test (MWT)** is basically an analysis of cerebral activity over a complete day. The test measures your ability to stay awake during a defined period of time (four trials) under conditions conducive to falling asleep (seated position on a bed with pillows behind your back, in dimmed lights, in silence, etc.). The test helps to measure daytime (excessive sleepiness) based on difficulty staying awake.

PREPARATION

The evening before the test:

- Avoid drinking alcohol in the evening.

On the day of the test:

- Do not consume products that contain caffeine (tea, coffee, energy drinks). Taking stimulants might skew the results.
- Do not drink alcohol.
- Have a light breakfast at home (at least 1 hour before the test).
- Do not smoke or consume any tobacco products (vaping products, cannabis) 30 minutes before the beginning of each trial.

PLEASE NOTE: The MWT cannot be administered if you were deprived of sleep in the days preceding the test, or if you work at night and sleep during the day. Stable sleep hygiene is absolutely necessary.

CANCELLING A TEST

If you need to cancel your test, please contact us as soon as possible at:

- 819-346-1110, ext. 14459
(from 7:30 a.m. to 3:30 p.m.)

WARNING! If there is an unmotivated absence from the test, your name will be put back on the waiting list. (Please note that it can take months before you get another appointment.)

ITEMS TO BRING TO THE HOSPITAL

- You must absolutely bring the sleep diary you were given as it is essential for diagnostic purposes. The MWT test cannot be administered without your sleep diary.
- Your health insurance card, your hospital card, and a list of all of your medications.
 - * If you do not have a hospital card, allow for 15 minutes to have one made at the admitting department before your appointment.
- Your day-time medications.
- The mask with the part that connects it to the tubing (if you have a CPAP or a BiPAP).
- A light lunch or money to purchase a meal (to be eaten between trials). You can also bring healthy snacks that you can eat between trials.
- Light comfortable clothes to be worn during the day (in a context similar to an ordinary day).
- Books, magazines, crossword puzzles, and so on to keep you busy when you are awake.
- Tablet and cell phone use is to be avoided as using a screen could void your test. If you absolutely must use a screen, activate your device's blue light filter.

ON THE DAY OF THE TEST

- Go to Hôpital Fleurimont: 3001 12^e Avenue Nord, Sherbrooke, J1H 5N4
 - Use the main entrance.
 - Go to the 4th floor and follow the signs to reach the **neurology reception desk (Accueil de Neurologie)**.
 - Register with the administrative officer who will then send you to the waiting room.
 - A team member will come to get you.
- You will be given a private room for the day and will have access to a bathroom.
- Several electrodes will be placed on your head and face. Tiny hypoallergenic pads will be used to affix them to your skin. The procedure is painless. Wires will be connected to a device that will record your physiological data relating to cerebral activity on a computer.
- The technician in the adjacent room will monitor you via camera. You can use the intercom to communicate with the technician when needed.
- Over the 4 trials that you will take at predetermined hours, you will be asked to stay awake. During the trials, you cannot use external aids to stay awake (e.g., singing, reading or slapping your face).
- Trials will take place in a room with dimmed lighting. Your brain waves will be recorded using an electroencephalograph (EEG).
- During the 2 hours between trials, you will need to entertain yourself in order to avoid falling asleep. Each trial will last a maximum of 40 minutes.

GETTING THE TEST RESULTS

Your test results will be available 2 to 4 weeks after your appointment. They will be given to the medical specialist who prescribed the test. You must contact him to obtain your test results.

DO YOU HAVE ANY QUESTIONS?



santeestrie.qc.ca/imaging



Info-Santé 811
OR
Speak to your prescriber.

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