



Sleep Disorders Unit
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INFORMATION
for your
Maintenance of Wakefulness Test
(MWT)

The Maintenance of Wakefulness Test (MWT) provides an objective measure of your ability to remain awake for a defined period of time. As this ability can be influenced by many factors, it is very important that you strictly adhere to the following instructions prior to, and during the test.

TEST PROCEDURE

The Maintenance of Wakefulness Test (MWT) is generally performed on the day following an overnight sleep study to ensure you have had adequate sleep quantity and quality the night before. In some instances, however, your referring Physician may have not considered this to be necessary.

The MWT consists of a series of four 40-minute test sessions, separated by two-hour intervals.

During each session you will be instructed to try to stay awake as long as you can. Your EEG (electrical activity of your brain) will be monitored during each session which will be conducted with you seated in a dimly lit room. In the two-hour interval between sessions it's very important that you remain awake, as any inadvertent sleep during this time may affect your ability to remain awake on the subsequent sessions. During these intervals you can watch TV, read or bring something to work on.

TEST START TIME

Following your overnight sleep study some of the electrodes/sensors used overnight, but no longer required for the MWT, will be removed and you will be asked to change from your night attire into your normal day clothes. The electrodes applied to your face/head will remain attached for the MWT.

The MWT is commenced between 1.5 and 3 hours following the end of your overnight sleep study. During this intervening period it is again essential that you remain awake and out of bed.

The overnight sleep study will generally be ended at 7:00am and the MWT commenced between 9:00-10:00am

CAFFEINE & NICOTINE

As caffeine and nicotine are stimulants we ask that you don't have any caffeine-containing food or drinks on the day of the MWT. This includes coffee, tea, cocoa, chocolate, cola, and also guarana-containing drinks such as Red Bull and V. You cannot consume alcohol on the day of the study.

You will be able to smoke (outside the hospital grounds) on the day of your study; however, we will ask that you stop smoking 30 minutes before each test.

SLEEP DIARY

During the two weeks prior to your MWT your Physician may have asked you to complete a sleep diary to provide information about your normal sleep pattern. Please ensure you bring your completed diary to your sleep study appointment.

BREAKFAST & LUNCH

Breakfast and lunch will be provided. Should you wish to bring any additional snacks please ensure that any foods or drinks you bring do not contain caffeine, alcohol or guarana.

MEDICATIONS

A list of common medications which have stimulant or sedative properties is attached. As a stimulant or sedative may affect your ability to stay awake please check with your referring Physician whether you need to discontinue these medications prior to your MWT.

As it takes approximately two weeks for a drug to be eliminated from your body, you will generally need to start reducing your medication dose two weeks prior to the test, and then, stop taking the medication completely, one week prior to the test. This gradual reduction in dosage is necessary to avoid withdrawal side-effects. Continue to take any other medications (not listed) at your normal dose or as requested by your referring Physician.

NOTE: In cases where your referring Physician has requested the MWT be performed to assess your response to a stimulant medication you are taking, continue to take that medication at your normal dose

PAIN RELIEF: Standard doses of Panadol or Ibuprofen are permitted for pain relief. Codeine is not permitted.

Commonly used centrally acting drugs generally discontinued for the MWT. Please confirm instructions with your Referring Physician.

STIMULANTS		SEDATIVES		OTHER MEDICATIONS	
Generic Name	Brand Name	Generic Name	Brand Name	Generic Name	Brand Name
Dexamphetamine		Nitrazepam	Alodorm, Mogadon	Moclobemide	Aurorix, Arima, Clobemix, Maosig
Ritalin	Methylphenidate hydrochloride	Temazepam	Euhypnos, Nocturne, Normison, Temaze, Temtabs	Phenelzine sulfate	Nardil
Modafinil	Modavigil	Triazolam	Halcion	Tranlycypromine sulfate	Parnate
OPIOIDS		Flunitrazepam	Hypnodorm		
		Midazolam	Hypnovel		
Codeine	Panadeine (forte), Nurofen Plus			Nortriptyline	Allegron
Oxycodone	Percocet, Oxycontin	Zolpidem	Stilnox	Clomipramine	Anafranil, Clopram, Placil
Fentanyl				Amitriptyline	Endep, Tryptanol
Morphine		Oxazepam	Alepam, Murelax, Serepax	Imipramine	Melipramine, Tofranil
Propoxyphene		Alprazolam	Alprazolam-BC, Kalma, Xanax	Trimipramine	Surmontil
Pethidine	Demerol	Diazepam	Antenex, Ducene, Valium, Valpam	Dothiepin	Prothiaden, Dothep
Hydrocodone	Lortab, Vicodin	Lorazepam	Ativan	Doxepin	Sinequan, Deptran
		Clobazam	Frisium	Mianserin	Tolvon, Lumin
Hydromorphone	Dilaudid	Bromazepam	Lexotan	Lexapro	Escitalopram
Oxymorphone	Opana			Paroxetine	Aropax, Paxtine, Roxatine
Methadone				Fluoxetine	Auscap, Erocap, Lovan, Fluohexal, Prozac, Zactin
Heroin					
Tramadol				Citalopram	Cipramil, Talohexal
				Fluvoxamine	Faverin, Luvox
				Sertraline	Zoloft
				Nefazodone	Serzone
				Venlafaxine	Efexor
				Abilify	
				Bupropion	Zyban