

JOSLER test of maintenance of wakefulness and how to prepare for it

JOSLER test is a study that measures the state of wakefulness, with a special focus on the ability to stay awake in a calm environment.

The examination takes from 9:45 to 15:00.

Before the examination

It is important from the point of view of the examination that you should sleep normally the previous night, preferably at least six hours. Get up on the morning of the examination no later than 8:30.

You may take something to pass the time, such as a book, a handicraft, or crossword puzzles, as you must stay awake in the periods between the actual tests. During the day you will have an opportunity to eat at your expense. You can also take some snacks with you.

You may take any medication that you regularly use. Avoid however the night before the examination any medication you use only when needed that have an effect on you sleep (ie. sleep medication and sedative medication). If the doctor who gave the referral has instructed you otherwise, follow that instruction.

During the examination

In the course of the day of the examination three registration sessions are held - about 40 minutes at a time at 2-hour intervals. During the examination you will sit alone in a quiet room. You will be given a small device with a button, which you are instructed to push, when a light appears. A nurse will follow you from an adjacent room via a video connection.

The examination has no after-effects.

After the examination

You will receive the results of the examination from the doctor who treats you. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

Other things to note

Please take your Kela-card or identification with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.



Patient Instruction
HUS Diagnostic Center
Clinical Neurophysiology

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www.tutkimukseen.fi

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