

Maintenance of Wakefulness Test (MWT) and how to prepare for it

The Maintenance of Wakefulness Test (MWT) 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 8:00 to 15:30.

Before the examination

Keep a sleep diary for at least a week before coming to 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 6:30.

Your hair should be clean and dry for the sensors to get a good contact. Do not apply any hairspray, styling mousse, or gels to your hair. You may take something to pass the time, such as a book, 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.

Unless the doctor who gave the referral has not instructed you otherwise, you may normally take any medication that you regularly use.

During the examination

In the examination, the state of wakefulness is measured by registering electronic brain activity as well as factors such as eye movements, muscle tension, and breathing. For registering the information, an adhesive is used to attach electrodes to the skin. In the course of the day four registration sessions are held - about 40 minutes at a time at 2-hour intervals. During the examination the patient is in a semi-seated position on an examination bed in a quiet room

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 Medical Imaging Center
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