

Sleep Study

Maintenance of Wakefulness Test (MWT)

The Maintenance of Wakefulness Test (MWT) is a study used to measure how alert you are during the day. It shows whether or not you are able to stay awake during a defined period of time. This is an indicator of how well you are able to function and remain alert in quiet times of activity.

What happens during the MWT study?

The MWT consists of four sleep trials with breaks lasting for two hours in between them. Sometimes you will also do an overnight sleep study the night before the MWT. It is vital that you get a normal amount and quality of sleep the night before the test. The first trial is done 1.5 to 3 hours after your normal wake-up time. Sensors will be placed on your head, face and chin. The sensors are gently taped to your skin and connected to a computer. A technician will monitor you from a room separate from your sleep room. For each trial, you will sit quietly in a recliner. you will be asked to sit still and look directly ahead of you. Then you simply try to stay awake for as long as you can. Between trials, you will have to stay out of bed and occupy yourself so that you remain awake. A light lunch will be provided. You will need to refrain from consuming caffeine the day of the study.

What is the study measuring?

- Brain waves
- Heart rate
- Eye movement
- Chin movements



*Our goal is to provide you with exceptional service so if we aren't meeting this, please let us know. Thank you for choosing the sleep centers of Froedtert & The Medical College of Wisconsin.
262-253-6060*