



Patient Name: .....

Appointment: ..... @ 8:45 am

### Maintenance of Wakefulness Test (MWT) Information

You have been scheduled for a MWT study at the Sleep Disorders Center in Olathe Medical Center. Please read the following instructions to prepare for the sleep study. If you have any questions, contact the Sleep Disorders Center at (913) 791-4282.

### REASON FOR PROCEDURE

The MWT is typically performed to measure a person’s ability to remain awake during the day. Your doctor may have requested this to ensure therapy for night time sleep disturbances (i.e. CPAP) is effective and results in better wakefulness during the day. You may also have an MWT for certain work related risks as required by law for commercial class driving, construction, or airline work.

### DESCRIPTION OF PROCEDURE

The MWT test is a series of four sessions recorded throughout the day at two-hour intervals. The first session begins at 10:00 AM with each session lasting 40 minutes. During a session, you will sit in an inclined bed with the lights dimmed to a specific level and the technologist will request that you remain awake.

To record the data, the technologist will attach several wires to monitor your wakefulness. The ten electrodes on the scalp monitor state of consciousness. One electrode beside each eye monitors eye movements and three chin electrodes monitor muscle tone. Two wires will be affixed near each shoulder to monitor your heart rhythm.

### CHECK-IN

Please arrive at Outpatient Registration in Doctor’s Building 1 by 8:45 AM. This will provide the technologist enough time to orient you to the Sleep Disorders Center and prepare you for the study. You should plan to bring insurance information, referral or authorization papers, and a list of all medications (include prescription and over-the-counter medications). If you require any accommodations such as a wheelchair or oxygen, please contact the Sleep Disorders Center at (913) 791-4282 and arrangements will be made for your comfort.

20.0021



**Olathe Medical Center**

20333 West 151<sup>st</sup> Street  
Olathe, Kansas 66061

### MAINTENANCE OF WAKEFULNESS TEST (MWT) INFORMATION

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**O.M.C. No. 2103**

PLACE  
PATIENT LABEL  
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## WHAT TO BRING

Dress comfortably on the day of your study. The sensitive nature of the recording equipment requires as clean a connection as possible. In the morning before you arrive, please shower, shampoo and dry your hair. Do not use any type of hair preparations such as activators, conditioners or moisturizers.

Sensors placed on the face are difficult to apply to facial stubble; therefore, we ask men to be clean-shaven, **unless you have a beard. Do not shave your beard for this study!**

If you normally have breakfast, please do so before you arrive. The Sleep Disorders Center will provide you with lunch.

You will have just over an hour of waiting between naps. A DVD/VHS player is available in the room and basic cable channels are provided. You may bring other items to help pass the time as well.

We ask that you continue your normal medication schedule unless otherwise told by your physician. Olathe Medical Center is a tobacco free facility. Tobacco of any type is not permitted on the campus.

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### CONSENT AND RELEASE OF MEDICAL INFORMATION

By signing this form you are giving consent to undergo maintenance of wakefulness testing at the Olathe Medical Center Sleep Disorders Center and consent to video and audio recording for the duration of your stay. Furthermore, you are allowing the Olathe Medical Center Sleep Disorders Center to release the results of your maintenance of wakefulness test to your referring physician. To facilitate quality care and treatment follow-up, you are also consenting to have your referring physician release pre- and post-study clinical information to the Olathe Medical Center Sleep Disorders Center.

I CERTIFY THAT I HAVE READ AND UNDERSTAND THE ABOVE INSTRUCTIONS:

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Patient Signature

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Witness

Barcode on first page only

**Olathe Medical Center**  
20333 West 151<sup>st</sup> Street  
Olathe, Kansas 66061

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