



1275 NW 128th St, Ste 200
Clive, IA 50325
M-F 8:00-3:00 Phone: (515) 350-7868
After Hours Phone: (515) 350-7859
Fri-Sun Text Only: (515) 674-6487

Maintenance of Wakefulness Test (MWT) Protocol

A Maintenance of Wakefulness Test, commonly called a “MWT”, is a clinical test that helps identify a person’s ability to maintain wakefulness. This test is performed primarily during the day and may be performed after an overnight sleep study.

Sleep Prior to the MWT

The night prior to the MWT, the patient should get the normal amount of sleep. Inadequate sleep will affect the test results and may require rescheduling of the test. Please discuss with the technologist the amount of sleep you obtained the night before to ensure an accurate test can be achieved.

Check In/Out

Check in is at 7:30 am, please come to Suite 200 and ring the doorbell or call after hours number listed above. Be prepared to spend the entire day at the facility. Testing should conclude around 3:00 pm.

Sleep Study Process

During a test trial, you will be asked to remain seated in a recliner. Your room will be dimly lit with minimal noise interruptions. You will be advised to stay awake and use no extraordinary measures to maintain wakefulness such as slapping the face or singing. Your trial will last 40 minutes. Trials will be repeated approximately every two hours for a total of four.

Caffeine Product Intake

Caffeine and other stimulants are not allowed during the MWT. This will include coffee, tea, chocolate, and soda pop.

Meals

Due to dietary restrictions and no cafeteria access, we do not provide meals. A refrigerator and microwave will be available for your use. Please feel free to bring meals, snacks and/or other non-caffeinated drinks as desired. We will provide bottled water and snacks upon request.

Smoking

DSM Sleep Specialists is a smoke-free facility. No smoking the day of your MSLT.

Urine Drug Analysis

A urine drug analysis is completed as part of the protocol for the MSLT. The urine analysis will analyze any drugs that might affect test results.

For any complaints, please contact ACHC at 855-937-2242