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Patient Instruction for Maintenance of Wakefulness Test

The purpose of this study is to determine your ability to stay awake under conditions that might make you sleepy. You may be having this test as a requirement for your job if you drive a truck or operate heavy machinery, or if you have been diagnosed with Obstructive Sleep Apnea and use CPAP. Please read the instructions and information below:

Get 6 or more hours of sleep the night before your test. Wear loose fitting, comfortable clothes. Have a light breakfast. Arrive at the center at 9AM. Do not consume alcohol or caffeine prior to arriving at the sleep center.

In preparation for your study a few electrodes will be placed on your head to monitor brain waves for signs of sleepiness and on the chest to monitor the heart. You may be asked to fill out a questionnaire about your night's sleep and complete a form called the Epworth Sleepiness Scale.

A series of four forty-minute opportunities to sleep is administered at two (2) hour intervals beginning at 10AM. These opportunities are administered in a quiet, softly lighted and temperature-controlled room while sitting up in bed. You will remain quiet and relatively still and try to maintain wakefulness during this 40 minute period. You cannot talk or sing to yourself to remain awake. Watches will be removed and cell phones and beepers will be turned off during this period.

Between sleep opportunities, you will be required to remain out of bed and you must stay awake. You may bring a book to read or you may watch television in the Sleep Center waiting area. You may bring a snack or meal; there is a microwave and refrigerator available.

Alcohol and caffeine consumption is not allowed and possible effects of unreported medications and/or recreational drugs are assessed via a urine drug screen on the day of the MWT.

The last sleep opportunity will be at 4pm. It will take only a few minutes to remove the wires and electrodes. After completing a couple of questionnaires, you will be discharged from the sleep center. If you do not already have a follow-up appointment scheduled, be sure to call the office and schedule an appointment so that you can talk to the physician about the results of your study. The number is **404.499.0533 ext 100**.

IMPORTANT!! MOST INSURANCE COMPANIES REQUIRE PREAUTHORIZATION FOR SLEEP STUDIES. As a courtesy to you, Pulmonary & Sleep Specialists, PC will complete the paperwork and obtain the preauthorization for you. The preauthorization is valid only for the date of your sleep study. If you fail to keep your sleep study appointment or reschedule your study for another date, the preauthorization will have to be resubmitted for the new date. Due to the labor intensive nature of scheduling and obtaining preauthorization for sleep studies, Pulmonary & Sleep Specialists, PC requires that you give at least 48 hour notice when cancelling/rescheduling your sleep study. If you fail to give a 48 hour notice of cancellation you will be billed a \$150 service charge.