

DAYTIME WAKEFULNESS ASSESSMENT (MWT)

General Instructions

- Four rest periods approximately 9:00 am, 11:00 am, 1:00 pm, 3:00 pm. Generally, you will be finished the assessment by around 4:00 pm.
- No caffeine, coffee, tea, coke, chocolate. Decaffeinated beverages permitted. You should bring breakfast and lunch or meals can be purchased at the coffee shop. A small refrigerator and microwave are available in the Sleep Lab.
- You should remain in sleep lab area. You should be accompanied by a parent/staff if it is necessary to leave the area to purchase meals or to smoke.
- 15 minutes prior to each rest period you will be given an opportunity to visit the bathroom and curtail any stimulating activities. Rest periods may vary in length but the maximum time would be 40 minutes. You are required to be out of bed and awake in between naps.
- You may bring reading material, music. You should avoid vigorous exercise and bright light.
- Meals per normal routine. Breakfast an hour before first nap and lunch after second nap is recommended.
- Medications per normal routine or as per physician instructions.