

**HACKETTSTOWN REGIONAL MEDICAL CENTER
CENTER FOR SLEEP RELATED DISORDERS
PROTOCOL FOR MWT**

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PURPOSE: The use of a standard protocol for the performance of the MWT assures consistency among technicians and contributes to the reliability of the acquired data.

POLICY: The sleep center performs the MWTs in accordance with published guidelines. The MWT must be ordered or approved by a sleep staff physician. MWTs are only performed on patients who have undergone a full night of polysomnography. MWTs are used to objectively quantify alertness in patients. The MWT may also be used to compare pre- and post-treatment effectiveness in patients.

PROCEDURE:

General Description:

The MWT begins about 1.5-3 hours after the patient has awakened from their all night sleep study.

The patient will be given all meals at least 1 hour prior to the performance of the MWT. Throughout the day no caffeine or stimulant medication is permitted.

The MWT consists of 4 nap opportunities given 2 hours apart.

Between naps the patient is kept out of bed and is visually monitored to ensure that no napping occurs.

During each test, the patient sits in a semi-reclining position (45-90 degrees) on the bed with a bolster (or chair in specific clinical situations) in a dimly lit room and is told to try to stay awake. The recording is terminated after 40 (OR 20 minutes if the MD specifies) minutes if no sleep occurs. The nap is terminated after **unequivocal** sleep (3 epochs of Stage 1 sleep or one epoch of any other stage of sleep).

The MWT is recorded with standard polysomnography using the following montage: REOG, LEOG, chin EMG, EEG (C3M2 or C4M1), EEG (O2M1 or O1M2) and EKG. The mean sleep latency is determined across all naps.

Sleep latency is defined as the time from lights out to the first epoch of any stage of sleep scored.

Details of Procedure:

After arising the patient should toilet, dress in street clothes and eat breakfast.

The MWT procedure should be explained to the patient.

Between naps the patient should be out of bed and continuously monitored visually by technicians to insure that no napping occurs.

The following schedule of events occurs prior to each nap test:

30 minutes before- cessation of smoking

15 minutes before- suspension of physical activity

10 minutes before- preparation for bed

5 minutes before- electrodes connected and calibrations completed

5 seconds before- instructions to "please sit still and remain awake for as long as possible" (patient is told not to rock back and forth, not to sing or hum, just to try to focus and look straight ahead and remain awake)

0-lights in room are dimmed ("lights out")

The test is ended after 40 minutes if no sleep occurs. If sleep does occur, the test is ended as described