

## **Department of Clinical Neurophysiology**

### **Adult: Sleep Deprived EEG Information**

#### **Introduction**

This leaflet has been produced to provide you with information about your EEG investigation and aims to answer any questions that you may have. Please do not hesitate to ask a member of staff if you have any further questions or concerns.

#### **What is a sleep deprived EEG?**

EEG stands for electroencephalogram. A sleep deprived EEG means the recording of the electrical activity of your brain (brain waves) when you have had no sleep.

We have been asked to do this test by your consultant.

#### **How do I prepare for the sleep deprived EEG?**

- You will need to stay awake the whole twenty-four hours before your EEG.
- Your head will need to be clean and free from any hair products/hair pieces/weaves.
- You should have your meals and medication as normal.
- If you have a latex allergy please inform the department the day before your appointment.

#### **What will happen during the sleep deprived EEG?**

A physiologist will perform your test.

- You will be asked to sit in a comfortable reclining chair and you will feel your head being rubbed in a number of places. This will not hurt.
- Twenty-one small discs with long wires will then be applied to your head with a sticky paste. These wires are then connected to a computer, which will record your brain waves.

- A camera will take a video recording of you throughout the test. You will need to inform the physiologist prior to the EEG if you do not agree to the video recording. This will not stop you from having your EEG but please be aware that vital information may be missed. If you agree, you will be asked to sign a consent form.
- You will then be asked to relax and sit with your eyes closed for approximately twenty minutes. You can go to sleep if you wish.
- During the recording you may also be asked to:
  - Take some deep breaths.
  - Watch a flashing light.

### **What are the risks of a sleep deprived EEG?**

A small number of patients have allergic skin reactions. If you are sensitive to cosmetics, lotions or sticky tape please inform the clinical physiologist performing your test.

A very small number of people may be sensitive to the flashing light and this may cause a seizure, but this is rare. The clinical physiologist who monitors the EEG during the test will stop the light if you appear to be sensitive to it.

There are no risks to pregnant ladies or their unborn babies.

### **What will happen after the sleep deprived EEG?**

The discs will be taken off and the majority of the paste will be removed from your hair. You are advised to shampoo your hair when you return home to remove all traces.

There are no after effects from this test but you will probably still feel tired and are advised to return home to rest for the remainder of the day.

Please bring someone with you to escort you home.

### **When will I know the results of my sleep deprived EEG?**

The results of the investigation need to be analysed afterwards. A report is prepared for your consultant, who should receive it in approximately two weeks. You will not get any results on the day.

### **Any further questions?**

If after reading this leaflet you would like more information, or are still unsure about anything to do with the test, please do not hesitate to contact us at the Clinical Neurophysiology Department and speak to one of our clinical physiologists. They will be happy to help you.

Telephone: 0191 2824578 (Direct Line) between 9-5pm