

What is a Sleep-Deprived EEG?

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اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What is a sleep deprived electroencephalogram (EEG) and why is it done?

EEG stands for electroencephalogram. It is the recording of the “brainwaves” – the electrical activity of the brain. Patients are referred for an EEG for a variety of reasons including fits, faints and blackouts and the results may assist the referring doctor in the diagnosis and treatment of your condition.

Before the EEG

Please ensure that your hair is clean. Do not use any hair products (gel, hair spray etc.).

Please have meals as normal.

Take your medication as normal unless otherwise directed by your doctor.

It is important that you try to have as little sleep as possible the night before the test – a maximum of 4 hours sleep is advised.

Having the EEG

The test takes about 90 minutes. The Clinical Physiologist will make measurements of your head, then after gently rubbing over the marks, attach approximately 23 electrodes (small metal discs) using a sticky paste. The test itself is painless and the recording takes approximately 60 minutes. You will be lying down during the recording and the physiologist will ask you to open and close your eyes at various times.

What other measurements are made?

Some of the following may be needed during your test:

Hyperventilation - This may produce changes in your brain activity that could help in diagnosis. You will be asked to take deep breaths for about 3 minutes. This may cause you to feel light-headed or experience tingling in the fingers – this is a normal response.

Photic stimulation - This is an important part of the test for people who may have seizures or blackouts caused by flashing lights. You will be asked to look at a bright flashing light with your eyes open and closed.

Sleep test. A recording during sleep or after deprivation of sleep can sometimes be helpful. You will be told in advance if you are to have this type of recording.

What are the side-effects of the test?

There are no side effects of the test at all. We cannot read your mind or thoughts or emotions you may have. No electricity or needles are used – we only record signals produced naturally. This is an investigation and NOT a treatment.

Should you have a seizure during the EEG you will be checked to make sure you are well enough to go home although it is very unlikely that the investigation will cause an epileptic attack.

There is no danger to pregnant ladies or their unborn babies from this test.

It is not advisable for you to drive yourself home after a Sleep Deprived EEG as you will still be very tired. Please bring someone with you to take you home.

What happens after the test?

The results of the investigation need to be analysed afterwards and a full report will be sent to the doctor who referred you for the test. The results will not be available to you on the same day.

If after reading this leaflet you have any questions about the issues raised above please do not hesitate to contact the Neurophysiology department and you will be able to speak to a Clinical Physiologist.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

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