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Sleep Deprived EEG Preparation

A sleep deprived EEG (Electroencephalogram) is used to increase the sensitivity of a standard routine EEG. It means you will need to avoid sleep for a period of time so that you feel tired and then come into the clinic for your EEG appointment the following morning. The sleep deprived EEG is a painless test that records the electrical activity of the brain. It involves placing a cap filled with electrodes onto the head and recording your EEG whilst you are drowsy and/or asleep.

Before the test

- You should deprive yourself of sleep the night before the test.
- This means you will need to **wake up 2 hours earlier** than you normally would.
- Wash and dry your hair either the morning of the test or the night before.
- Only use shampoo and not conditioner in your hair.
- Make sure your hair is free from gels, oils, wax, hairspray and any other hair product.
- Medications should be taken as normal, unless indicated otherwise by your doctor.
- You must not consume any caffeine to help you stay awake. This includes coffee, tea, coke, etc.
- It is recommended that you not drive on the day of the test and that someone can stay with you after the test until you have had the chance to have a proper sleep.

On the day of the test

- You will be sitting in a comfortable reclining chair in a quiet, dimly lit room.
- A cap will be placed on your head (fitted with electrodes)
- Each electrode is filled with a water soluble gel
- You will be asked to sit comfortably in a relaxed state where you will be asked to open and close your eyes for 10 minutes.
- You may then be asked to do a deep breathing exercise for 3 minutes followed by the flashing of a strobe light.
- You will then be given a few hours to fall asleep.
- Once the test is completed the electrodes will be removed and your head cleaned. Your head will still feel a little sticky, but this will come out once you have washed your hair at home.
- Please bring a hat, beanie or scarf if you would like to cover your hair on the way home.
- The test requirements can be altered depending on the abilities of the patient and medical history.