

Patient instructions

SLEEP DEPRIVATION EEG (ELECTROENCEPHALOGRAPHY, AN EXAMINATION OF THE ELECTRICAL ACTIVITY OF THE BRAIN)

Purpose of the test

The purpose of this test is to register the electrical activity of the cerebral cortex. This test can be used for diagnosing diseases of the central nervous system (e.g. epilepsy, other seizure symptoms and inflammatory conditions).

Course of the test

The test is performed by a nurse and takes 1 hour to complete. Small electrodes will be attached to your scalp and face. Salt paste will be applied between the electrodes and skin. The electrodes will be connected to the EEG device with leads, and the computer will draw a graph of the electrical activity of your brain. During the test, you will lie comfortably on a bed with your eyes closed. You will occasionally be asked to open your eyes. During the test, you will need to look at a bright light that flashes at different speeds for a short time and breathe forcefully for a while.

Preparations

You should wash your hair on the day before the test, but please do not use any hair gel or hair spray afterwards. The scalp needs to be dry when you arrive for the test. It is particularly important to wash your hair carefully if you are a welder, because metal particles in the hair often cause technical problems.

You should take your regular medication as usual. You should avoid sedative medication for temporary use, sleeping pills and alcohol for 24 hours before the test. However, if you must take such temporary medication for some reason, please let us know about it when you arrive for the test. You should also tell us about any recent seizures and injuries.

Instructions on staying awake

Staying awake for long periods of time increases the risk of seizures.

Adults: please stay awake for 24 hours before the test

Children: 0 to 2 years of age: wake the child up at 5:00 am, no nap before the test
2 to 7 years of age: you may allow the child to sleep from 11:00 pm to 4:00 am
8 to 16 years of age: you may allow the child to sleep from 11:00 pm to 2:00 am

Drinking coffee, tea or cola drinks is not allowed after 4:00 am. You may eat breakfast before the test.

After the test

The salt paste will be removed from the hair and skin with a moist cloth. Any remaining salt paste can be easily washed off.

The doctor will prepare a statement on the test and send it to the doctor who requested the test.