



Patient instructions

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

Purpose of the test

The test records the brain's electrical activity. It is used to diagnose central nervous system disorders (e.g. epilepsy, other seizure symptoms and inflammatory conditions).

Course of the test

A nurse will perform the test. Electrodes are attached to the skin of the head and face, with salt paste applied between the electrodes and the skin. Brain activity is then recorded on a computer.

During the test, you will lie down comfortably with your eyes closed. The nurse will ask you to open your eyes at certain times, look briefly at a flashing light at different speeds, and breathe deeply for a short while. You are allowed to fall asleep for about 10–15 minutes. The test lasts about one hour.

Preparations

Wash your hair the evening before the test. Do not use hair products. Your hair must be dry when you arrive. Washing your hair is especially important if you work with welding, because metal dust in hair can cause technical disturbances.

Take your regular medications as usual. If you need to use any temporary medication, please inform the staff when you arrive. Also inform them about any recent seizures or injuries.

Instructions on staying awake

Adults: You may sleep between 12:00 a.m. and 4:00 a.m.

Children

- **under 6 years:** Reduce sleep by 1–3 hours (or as needed) so the child can fall asleep during EEG recording.
- **6–12 years:** Bedtime 2 hours later than usual, wake-up 2 hours earlier, stay awake until the EEG.
- **over 12 years:** Bedtime 2 hours later than usual, but no later than midnight. Wake-up at 4:00 a.m., stay awake until the EEG.

Drinking coffee, tea or cola drinks is not allowed after 4:00 am. You may eat breakfast normally 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. A doctor will evaluate and report on the test and send it to the referring physician.

How to find us

Neurolaboratorio is located by the Kauppatori Square in Turku, in the Mehiläinen building, at Kauppiaskatu 8, 2nd floor. Follow the signs in the corridor on the first floor.



SUOMEN NEUROLABORATORIO

Yliopistonkatu 19A 20100 Turku, puh. 02 4140800, www.neurolaboratorio.fi

Luotu 1.12.2016
Päivitetty 11.9.2025/sl
Hyväksytty 23.9.2025/ap

Booking

Online booking www.neurolaboratorio.fi - MAKE AN APPOINTMENT

phone 02 4140800

open hours Mon-Thur 8-16, Fri 8-15