

## Sleep Deprived EEG

Your doctor wants you to have a sleep-deprived EEG. This type of EEG is done when you have had less sleep than usual. The test will take about an hour and a half, and you will be able to leave right away when it is done.

### How a Sleep Deprived EEG Works

An EEG records electrical activity of the brain. When you are tired, there is more chance that there will be unusual electrical activity in your brain. The sleep deprived EEG helps your doctor detect a neurological problem.

### Reasons for Sleep Deprived EEG

Your doctor may ask you to have this test if you have had a standard EEG test, but it didn't show any unusual electrical activity. If you have any questions about the test, please be sure to ask your doctor or nurse.

### Getting Ready for Your EEG

- Stay awake from midnight until the time of your EEG.
- Your hair **must** be clean. Wash it the night before or the morning of your test. **Do not** apply conditioners, gels, or sprays. You may eat and drink as usual, but do not drink any caffeine after midnight before the test (coffee, tea, cola, etc.).
- If you are on medicine, please, take your medicine as usual.
- Have someone drive you to the hospital and home as you will be very sleepy after the test.

### Arriving for the EEG

- Please arrive 15 minutes early to check in.
- Enter through the Clinics Entrance.
- You will check in at Registration in “Town Square.” This is inside the main lobby.
- Ask the information desk for directions to EEG.
- EEG lab is in the J module. Follow ‘Main Street’ towards the J module and Registration will be on your right-hand side. Then, continue right on ‘Main Street’ through the H elevator lobby to the J lobby. Please check in at the EEG desk.

### The Procedure

A technologist will place very small metal discs on your scalp using special paste. Once the test begins, it is important that you relax. Though you will be sleeping during a part of the test, you may also be shown a flashing light. You may be asked to breathe deeply for a short time. At the end of the test, the metal discs and paste will be removed with warm water and/or baby shampoo, if needed.

### Results

The final report of your EEG will be sent to your referring or primary care doctor within a few days. Your doctor will discuss the results of the test with you and recommend treatment, if needed.

### Who to Call

If you have any questions or need to change the date or time of the test, please call the EEG lab at **(608) 263-8483** or **1-800-323-8942** and ask for the EEG lab.