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Information about Sleep Deprived EEG.

What is a sleep deprived EEG?

This is a test which monitors brain wave patterns during sleep. Sleep Deprivation (having less sleep than normal) may show patterns that we do not see during normal sleep.

Please keep patient awake from 3:00am on date of appointment

What does the EEG involve?

We attach up to 23 small discs, using either a paste or collodion adhesive, to your child's scalp to record the brain wave patterns. We also attach two discs to the chest to record your child's heart rate. This process can take up to twenty minutes.

After we attach the discs, we will make your child comfortable and darken the room. We will encourage your child to go to sleep. You can stay with your child throughout the test. The recording does not hurt, and can last up to 60 minutes. We will ask if we can video record your child during the recording and will need you to complete a consent form for this (a copy is enclosed).

Before the test

Hair styling products can affect the recording, please do not use gel or mousse in your child's hair before the EEG. If you think your child has head lice, please contact department beforehand as recording may not be possible if head lice are still present.

If your child takes any medication they should take this as usual, unless the doctor tells you not to.

After the test

After the recording, we will use either water or adhesive remover and a comb to remove the discs from the scalp. This can take up to 15 minutes.