

Sleep Deprived Electroencephalograph

Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

What is a Sleep Deprived Electroencephalograph (SDEEG)?

An EEG is a recording of the electrical activity of the brain.

An EEG test is used to measure this activity and helps in the diagnosis of many disorders which involve the brain.

You will probably already have had a routine EEG. A SDEEG is very similar except you must stay awake some of the night before. This is because we need to record your EEG during natural sleep.

What does it involve?

The SDEEG is performed by a specially trained Clinical Physiologist and takes approximately 2 hours.

For an EEG, about 23 small discs (electrodes) are placed on the scalp using a special sticky paste. The electrodes are connected by wires to a computer which records the changes in the electrical impulses. Once the electrodes have been attached you will be asked to lie down on a bed while recording takes place. Subject to your written permission, a video of you will be recorded along with this EEG.

You will be asked to open and close your eyes a few times before we let you rest and fall asleep.

What preparations are needed?

- You will need to go to bed later than usual and wake up very early in the morning and remain awake until your appointment time.
- What time you go to bed and wake up depends on how easily you think you will fall asleep during the test. As a guide, we recommend that you go to sleep at least 2 hours later and wake up 2 hours earlier than you do normally.
- However, we do not apply this rigidly. If you feel you require more or less sleep in order to sleep during your appointment, please adjust the times.

- **Do not** drive yourself to or from the hospital for your appointment, or until you have had sufficient sleep. This is because lack of sleep can impair your concentration whilst driving.
- If you are the parent of a child having this test and have stayed up with them, please **do not** drive to or from the hospital for their appointment, or until you have had sufficient sleep (see above).
- Please avoid drinks containing caffeine. These include tea, coffee, hot chocolate, cola and some energy drinks. You may drink water, fruit juice and milk drinks.
- Medicine and meals can be taken as usual.
- Please bring a list of medicines you are currently taking, if applicable.

How will I feel during the test?

Before applying each disc, your head is rubbed with a gritty gel using a cotton bud which may feel a little scratchy.

The EEG recording causes no discomfort. The electrodes only record activity and do not produce any sensation.

Are there any risks?

- Lack of sleep can occasionally provoke a seizure, or fit, in some people. After the test, it is important to catch up on lost sleep to help reduce the risk of this happening.
- After your test, please make sure you have a sleep before resuming normal everyday activities, particularly those activities which may require concentration or decision-making. If in doubt, it may be best to delay the activity until you have caught up on your sleep.

Further information

If you have any questions or concerns, please contact the Neurophysiology Department on 01271 322313.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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