

## Neurophysiology

# Sleep deprivation EEG (electroencephalograph) test

### What is a sleep EEG test?

A sleep EEG test is a simple recording of the tiny electrical signals produced by your brain. Some EEG changes remain hidden when you are awake and can only be seen when you are drowsy or asleep. These signals form patterns. Changes in these patterns may help your doctor to diagnose your problem. The test is done while you are asleep.

### Why have I been referred for this test?

Your consultant has asked us to do a sleep recording. Some EEG changes remain hidden when you are awake and can only be seen when you are drowsy or asleep. This will give the doctors with further information to help them in classifying learn more about your type of seizure and epilepsy. This should help them to see if any changes to your treatment or care plan are needed to refine your future treatment and care plan.

### Is there anything special I should do?

**You must stay awake for the day and night before the test is done. This will make it more likely that you will sleep during the recording.**

Try to eat breakfast before coming for the test as this may help you to fall asleep. Please make sure your hair is clean and free from gel or hairspray. Please check your hair for head lice and treat this before you attend if found. The test will not be done if head lice are present.



## Patient Information

### **Where is it done?**

Please come to the Neurophysiology department on the 4<sup>th</sup> floor (opposite ward 42) for your test. Please bring your appointment letter with you.

### **How is it done?**

When you arrive, small metal discs will be placed on your head. A special cream will hold them in place. You will then be asked to lie down while the test is done. It is completely painless. The room is very quiet, and the lights are dimmed. Most people fall asleep within 20 minutes.

Do not worry if you do not fall asleep, some changes can be seen due to your lack of sleep (revealed due to the sleep deprivation)

### **Video recording-**

It is very useful to make a video recording of you during the test. Any movements you may make can affect the test and this can be seen on the video. The video will be kept as part of your confidential medical records.

You will be asked to give your consent to be filmed when you arrive in the department. If you choose not to be filmed, the test will be performed in the same way.

### **What will happen if I have a seizure during the test?**

Lack of sleep can sometimes cause attacks in people who have epilepsy. It is unlikely that the test will cause an epileptic attack, but if it does, you will be checked to make sure you are well enough to go home.

If you have a driving licence, you must inform the DVLA. This may affect your ability to hold a driving licence.

### **Do I need to bring anything with me?**

Bring a list of any medication you are taking and continue to take medication that you are already taking. You will need a brush or comb and a hat if you want to cover your hair after the test has been finished.

### Are there any aftereffects?

You should ask someone to drive you to and from the hospital as you will still be quite tired after the test.

### When will we get the results?

You will not get any results at the end of your visit. A consultant neurophysiologist will review your test results in detail and then a written report will be sent to the consultant that asked for the test. They will give you your results at a follow-up appointment.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the booking centre on 0800 252 060 and they will do their best to meet your needs.

The Trust operates a smoke free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.

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