



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Information about your Sleep Deprived EEG (Electro-Encephalography) Appointment

Information for patients, relatives and carers

**Department of Neurosciences**

① For more information, please contact:

Department of Clinical Neurophysiology

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## **What is a Sleep Deprived EEG?**

An EEG (Electro-encephalography) is a recording of the electrical activity of the brain in the form of a graph. The purpose of a sleep deprived EEG is to record this activity whilst you are sleeping. We therefore ask you not to have a full night sleep the night before the test so that hopefully you will fall asleep during the recording. It is not painful and there are no after effects.

## How do I prepare for the test?

- You must stay awake from **midnight/3:00am**, the night before your test.
- It is important that you have had something to eat before the test.
- Your hair needs to be clean. Do not apply any hair products, for example gel, spray or mousse.
- **It is advisable that someone accompanies you to and from the department due to the increased risk of a seizure occurring.**
- If you would usually drive to your appointment, please make alternative arrangements. **It is not safe for you, or anyone who stays up with you, to drive after sleep deprivation.**
- If you wear hair extensions, please contact the department prior to your appointment.
- There is no need to stop taking any medication unless you have been told to do so by your doctor.

## Please bring with you:

- A list of all the medications you are taking.
- A description of any episodes that have happened to you and the dates of your most recent ones.
- Any episodes captured on video footage on a mobile phone.

## **What happens during the Sleep Deprived EEG test?**

The test involves attaching 23 small discs to your scalp and one on each shoulder using a special paste. Once this has been completed, you are asked to relax on a bed whilst the EEG recording is undertaken.

To begin with, you may be asked to take deep breaths for a few minutes (deep breathing exercise), or be shown a flashing light (photic stimulation), but after this, you will be asked to relax and let yourself fall asleep.

The equipment we use to record your EEG also takes a video of you at the same time.

## **What are the benefits of the Sleep Deprived EEG?**

Sleep deprivation may produce changes in your brain wave activity that could help in your diagnosis.

## **What are the risks of the Sleep Deprivation EEG?**

Sleep deprivation can increase the chance of you having a seizure. **It is therefore important that someone accompanies you to and from the department.** They should also stay with you for the rest of the day until you have caught up on sleep.

## **What are the benefits of the deep breathing exercise?**

Deep breathing may produce changes in your brain wave activity that could help in your diagnosis.

## **What are the risks of the deep breathing exercises?**

Some people may experience a lightheaded feeling which soon passes when you start to breath normally again.

## **What are the benefits of photic stimulation?**

This is an important part of the test for people whose seizures or blackouts may be caused by flashing lights. It could help in your diagnosis.

## **Are there any risks connected to photic stimulation?**

This may, very rarely, cause a seizure in people that are sensitive to flashing lights.

## How long will the test take?

The test will take approximately two hours in total.

## What happens once the recording is finished?

When the test is finished, the discs will be removed. Small traces of paste may be left in your hair; this will wash out with shampoo. You may still feel tired and it is strongly advisable for you **not** to drive home and to arrange for someone to take you.

The EEG recording will be reviewed and a report will be sent to your Consultant or GP.

## What do I do if I cannot attend for my appointment?

- If you are unable to attend for this appointment, please let us know as soon as possible so that we can offer it to another patient.
- A new appointment can be arranged for you at a mutually convenient date/time.

If you have any queries or concerns regarding the test please contact the department on **01904 725665**.

Department opening times are:  
Monday to Friday 8:30am-4:00pm

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Joanne Horrocks, Department of Clinical Neurophysiology, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 725667.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

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