

Sleep Deprived EEG for Adults

Please ensure you have read this information thoroughly. It is very important to understand the risks and benefits of a sleep deprived EEG, and we can only proceed with your consent.

What happens during the test? The test is similar to a routine EEG (electroencephalogram) but takes a little longer, up to 90 minutes. While your head is measured and leads are attached you only feel a little gentle rubbing. Recording starts and you are asked to open and close your eyes several times. You do not feel anything at all. We may ask you to breathe deeply for three minutes and may show you a flashing light. After this, you are asked to keep your eyes closed and try to relax and sleep if you can, for about 30 minutes. A digital video is recorded for technical reasons and to aid interpretation of the EEG.

What are the benefits of a sleep-deprived EEG? Going without sleep mildly stresses the brain, and so recording the EEG after sleep deprivation may give added diagnostic information. Also, if you are able to fall asleep during the test, extra information may be gained from your brainwaves in sleep.

What are the risks of sleep deprivation? There is a very slight risk of seizure from the sleep deprivation itself for some people. Performing the breathing exercise and flashing lights while sleep deprived carries a slightly higher risk than during the routine EEG, but these procedures are only offered where appropriate.

Why do you need my written consent? It is important to confirm your agreement to the test before you stay up all night due to the small risk of triggering a seizure. You are also required to confirm that we have explained how and why we record and store the video.

So what do I do now? You have already indicated your verbal consent to sleep deprivation and video. Now, please confirm this in writing by completing and returning the enclosed consent form in the attached envelope to Clinical Neurophysiology, Dorset County Hospital. In case of short notice appointments, you could bring the completed consent form with you to your appointment.

What should I do the night before the test? Please stay up for the whole night before the EEG. Try not to go to sleep at all. Avoid alcohol and drinks with caffeine but otherwise you can eat and drink as you like, including a normal breakfast, then:

- Please arrive with your hair freshly washed and dried, and free from all hair products such as gel, oils or hairspray. Bring a comb if you like.
- Do not drive yourself to this test - see below
- Continue to take any prescribed medication unless you have been specifically told to stop
- If you like you can bring a hat to wear home afterwards

Can I drive? No, it is not safe to drive because you will be too tired. Please make alternative arrangements to travel to and from hospital. This also applies to anyone coming with you whose sleep might also have been disrupted the night before.

What should I do after the test? To minimise the risk of seizure following sleep deprivation you should go straight home and catch up on your sleep. Also, on the night and day of the test you should not have any alcohol, drive a car, operate machinery, sign any legally binding documents, be responsible for young children, or lock the bathroom door.

If you have any concerns after the test, please seek advice from your doctor.

When will I get my results? Results are sent to the doctor who referred you for the test. This usually takes one to three weeks.

Please phone if you have any further questions 01305 255255