

Sleep Deprived EEG for Children

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? It is similar to a routine EEG (electroencephalogram) but takes a little longer, up to 90 minutes. Your child's head is measured and leads are attached and only a little gentle rubbing is felt. Recording starts and your child are asked to open and close their eyes several times but does not feel anything at all. We may ask your child to breathe deeply for three minutes and may show them a flashing light. After this, the eyes are kept closed and your child tries to relax and sleep if they 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 your child is able to fall asleep during the test, extra information may be gained from the 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 written consent? It is important to confirm your agreement to the test before your child is sleep deprived 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.

How do I prepare my child beforehand? Please keep your child up very late the night before the EEG and wake him/her very early in the morning. The amount of sleep deprivation necessary varies between children, but you know your child best. Aim to arrive for the EEG appointment with your child extremely tired so he/she stands a good chance of sleeping during it. Also:

- Please wash and dry your child's hair. Keep it free from all hair products such as gel, oils or spray
- Do **not** stop medication prescribed by your child's doctor, unless you have been told to do so
- Please complete the patient information details overleaf and bring with you
- We suggest your child lunch has before, so he/she does not arrive hungry
- Avoid giving caffeine drinks such as cola
- Do not allow any daytime snoozes before the appointment

I am tired too, should I drive? If you are also sleep deprived and too tired to drive, please make alternative arrangements to travel to and from hospital. On the day of the test any excessively sleep deprived person **should not** drive a car, operate machinery, sign any legally binding documents, or be responsible for young children.

What should we do after the test? To minimise the risk of seizure following sleep deprivation your child should go straight home and catch up on sleep. It is unwise to plan a busy day, or send your child straight back to school afterwards.

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 your child for the test. This usually takes one to three weeks.

Please phone if you have any further questions 01305 255255