

## **INFORMATION FOR YOUR SLEEP DEPRIVED RECORDING**

You will previously have had a recent EEG in our clinic. Your next recording will be made whilst you are asleep.

### **Your medication**

Please continue to take all **regular medication** at specified times. A written list of what you take would be helpful for the physiologist.

### **Preparation for your sleep deprived EEG**

For the test to be a success it is necessary for you to be deprived of 4 hours of sleep. If you normally have 8 hours sleep, you should only have 4 hours on the night before the test. If you normally have seven hours, then only have 3 hours sleep and so on. If you only have 4 hours sleep, please do not sleep on the night before the test.

Please do not sleep on the morning of the test.

Please have some food before your arrival in the department for your test. Do not have drinks of tea, coffee or alcohol from midnight on the night of the test. You may continue to have soft drinks that do not contain caffeine.

It is important that your hair is clean and free of hair products. It would be helpful if you could wash your hair the night before the test and you will need to do so again after you return home. Please bring a comb with you.

As you will be drowsy it is advisable not to drive on the day of the test and because of this it is recommended that you are accompanied to and from the department.

If there is a possibility that you may soil your clothes during an attack, please bring a change of clothing with you.

Please bring change for the pay and display parking system. The multi-storey car park is a suitable place to park. Outside the concourse entrance there is a car park for the disabled. During busy periods, please allow additional time for parking.

You should not be in the department longer than 2-3 hours. If with a friend/relative, he/she may wish to leave the hospital for a time but must remain in contact by telephone.

### **The test itself**

The test will be performed on a couch in the Neurophysiology Department. We will supply a pillow and blanket. Please wear comfortable and loose clothing.

Together with the EEG we routinely use a video recording as part of the test.

There are no after effects from this test.