

Sleep Deprived Electroencephalogram - EEG

A sleep deprived electroencephalogram (EEG) is a test that measures your brain wave activity. This test is used to diagnose seizure disorders, brainstem disorders, focal lesions and impaired consciousness.

What happens during the test?

There will be several electrodes attached to various areas of your head by using a sticky paste. You will be asked to lay still on a bed or in a recliner for 30-60 minutes. Upon request from the technician, you will be asked to open and close your eyes, count out loud from 0 to 10, hyperventilate, possibly fall asleep and be exposed to light stimulation.

How do I prepare for the test?

- Wash your hair and rinse well. Do not use hair products such as hairspray or gel.
- No caffeine after midnight the night prior to your test.
- No sleep or naps after midnight the night prior to your test.
- For patients under 10 years of age: Awaken the child after midnight (or at least 3 to 5 hours before their normal waking time) and keep them awake until their test. If the test is scheduled for the afternoon, please do not allow any napping prior to the test (in addition to waking the child early in the morning).
- No food restrictions.
- Bring a list of medications with you.
- Inform technician of any previous seizures.

Additional Information:

- This test will take approximately 60minutes to 1 1/2 hours.
- Please bring someone to drive you home after your test.

Date and time of your test: _____

Check in to register at: _____

If you have any questions or concerns about your test and cannot reach your doctor, please call Faith Regional's Cardiopulmonary Services department at (402) 644-7517.