



CAIRNS

NEUROPHYSIOLOGY

PHONE: 0410 466 842
FAX: (07) 4031 6043
EMAIL: info@cairnsneuro.com.au
ADDRESS: Suite 2D Flecker House
5 Upward Street, Cairns 4870
ABN: 38412587686

EEG Test Information (Sleep deprived)

- The EEG (Electroencephalogram) is a procedure that records the electrical activity of the brain ('brainwaves') via electrodes placed on the scalp. One use for EEG recordings is to check for the presence of abnormal electrical activity that may be seen in people with epilepsy. A sleep deprived EEG increases the likelihood of 'catching' the epileptic activity due to the 'stress' the brain is put under.
- This procedure is pain-free and non invasive.
- Patients are to remain awake as long as possible the night prior to the test. It is up to patient discretion as to how many hours sleep is allowed, but patients need to be sufficiently tired from sleep deprivation that they will sleep during the test.
- The set up of the test involves:
 - An explanation of the test and signing of consent form
 - measuring the head for accurate placement of electrodes
 - making temporary marks on the scalp with a crayon
 - attaching electrodes with water soluble paste (that can be washed out afterwards)
- Once electrodes are attached a 20-minute or longer recording is obtained:
 - Initially the patient will be asked to rest for approx 10 mins
 - After resting quietly they may be asked to breath deeply and heavily (hyperventilate) for 3-5 minutes.
 - Finally, the patient may be asked to look at flashing lights with eyes alternatively open then closed.
- These requirements can be modified to individual patient abilities.
- The entire procedure will take approximately 45 mins- 1 hour.
- Medications should be taken as normal on the day of the test.
- Medication names should be brought to the test for documentation
- Please ensure that your hair is clean and refrain from using products such as gel, wax, hairspray and mousse on the day of the test.