

## Paediatric Sleep EEG Examination and Preparations

The purpose of the sleep EEG (electroencephalogram) examination is to register the electrical activity of the brain when you are both awake and asleep. Indications for the examination include seizure-type symptoms, developmental disorders or linguistic development disorders. The examination will cause no pain.

Depending on what the examination needs to determine, it takes between one and two hours.

### Before the examination

Before the examination, the child needs to be kept awake sufficiently (according to parent's consideration), to ensure that he/she will fall asleep during the examination. **It is very important that the child does not fall asleep on your way to the examination.**

At the examination, melatonin may be administered orally to the child to help him/her fall asleep. All paediatric patients should be accompanied by an adult.

The best results are achieved when the child is calm and relaxed. The child should not be hungry. No stimulating drinks such as coffee, tea, soda or energy beverages should be consumed before the examination. It is recommended that infants and pre-school children have a bottle of milk or juice, a favourite toy or a CD. Day care should be

provided for siblings for the duration of the examination. Only one adult may accompany the paediatric patient in the examination room.

To achieve a good electrode contact, the hair should be clean and dry (no gel, hairspray or oil should be used). Any prescribed medication may be given according to the instructions. Please take information about the medication with you to the examination.

### During the examination

At the beginning of the examination, a flexible electrode cap will be placed on the child's head. The contact of the electrodes will be improved by using a water-soluble liquid.

The recording procedure will take place in a lying down position. The examination will record the electrical activity of the brain not only while the child is asleep but also when he/she is awake with eyes open and closed. In addition, flashing lights may be shown depending on the patient's age, or the patient may be requested to breathe intensely for a few minutes.

### After the examination

You will receive the results of the examination from the doctor who treats the child.

If you do not know how to find out the results, please contact the outpatient clinic or ward that referred the child to this examination.

### Other things to note

Please take your Kela-card or identification with you.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come.

If you do not cancel, you will be charged a fine.

### Guideline for how long the child should be kept awake

Patient's age	Under 1 year	1 to 5 years	1 to 12 years	13 to 17 years
<b>Schedule for the waking hours</b>	Stay awake for three hours before the examination	Go to sleep at normal bedtime, wake-up two hours before normal wake-up time	Go to sleep two hours after the normal bedtime, wake-up at 5 a.m.	Go to sleep two hours after the normal bedtime, wake-up at 4 a.m.