

Sleep Deprivation / Sleep EEG and Preparations

The **EEG (electroencephalogram)** is a painless examination used to register the electrical activity of the brain while awake and deprived of sleep, or while asleep. The examination is used e.g. for the study of seizure-type symptoms.

Before the examination

For a successful examination, it is important that you are tired when you arrive to the examination and that you have slept significantly less than usual during the preceding night. If you usually sleep for eight hours, we recommend that you sleep from 12:00 midnight to 04:00 a.m. during the preceding night. Your physician may have given you more detailed instructions about staying awake. If so, follow those instructions.

To achieve a good electrode contact, your hair should be clean and dry. No hair styling products should be used.

Before the examination, you may eat and drink as usual. However, please avoid an unusual consumption of coffee, tea, soda or energy beverages, particularly during the two hours preceding the examination. Prescribed medication may be taken according to your doctor's instructions. Please take information about your medication with you to the examination.

During the examination

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

The aim of the examination is to register brain activity while tired and awake, but also to register a short period of sleep if you happen to fall asleep. During the recording procedure, you should be as relaxed as possible, lying down with your eyes closed even when you are awake. Flashing lights and intense breathing may be used in the recording process to provide additional information.

Book approx. two hours for the appointment. Apart from tiredness, the examination has no other aftereffects. Some water-soluble contact matter may stick to your hair even after the examination, but you can easily wash it off at home. The EEG electrodes may leave imprints on your skin for a short while. If you wish, you may take a hat with you to cover the imprints.

After the examination

You will receive the results of the examination from the doctor who treats you. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

Other things to note

Please note that you will be tired before and after the examination: Avoid driving a car and take care of your safety.

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.