

Sleep-Deprived Electroencephalogram(EEG)

The painless procedure is a test that measures the electrical activity of the brain (brainwaves). The test shows areas of the brain that are not functioning correctly either because of too little or too much electrical activity.

The pattern (brainwaves) produced by the brain is displayed on a computer screen and is used to check for seizures and other brain problems. The brain produces a different pattern awake, during drowsiness and during sleep. Thus, you will be asked to close your eyes and relax during the test so that you can fall asleep for a period of 10 to 15 minutes.

After measuring your head and marking the spots where the electrodes will be applied, the technologist will ask you to lie down on a comfortable bed. These spots will be rubbed with a sandy preparation to remove oil and 22 small metal discs (electrodes) will be attached to your scalp with non-allergenic electrode cream. These electrodes are connected by wires to the EEG machine. At the conclusion of the test, the technologist will remove the cream from your scalp with warm water.

Total test time is approximately 60 minutes. Patients are requested to get half their normal sleep the night before so that they are tired enough to sleep during the test. Depriving someone of sleep can cause changes in the electrical activity of the brain. Recording these changes on the EEG can provide doctors with important information.

1) What should I do for preparation?

- a. Hair washed with shampoo (no conditioners applied) night before or day of test
- b. Hair must be dry
- c. Half of your normal period of sleep the night before

2) When do I get EEG result?

- a. You and your child will be given a follow up clinic appointment with Dr. Peng within a week to discuss the result and medical management accordingly. The child must be present at the follow up.

If you are unable to keep your appointment, please call our office as soon as possible.

There will be a

\$100 charge toward EEG technologist for cancelled appointment within 48 business hours