

Adult Sleep Deprived EEG (Electroencephalogram) tests in the Clinical Neurophysiology Department

Reference Number: ULHT-LFT-0933 v7

Issued: June 2026

Review Date: June 2028

PLEASE READ THIS PATIENT INFORMATION CAREFULLY

It explains your test and contains important information

A doctor has requested that we perform a **sleep deprived** EEG test to record your 'brain waves'. The examination is **completely painless** and will provide useful information for the doctor.

What does the test involve?

The examination involves recording your 'brain waves' **after** you have stayed awake for 24 hours. Small sensors will be placed on your head using a small amount of gel. The sensors detect your brain waves while you lay quietly on a bed whilst you are awake and if you fall asleep. You may also be asked to breathe deeply and to look at a bright flashing light.

Please allow approximately 1½ hours for the appointment. Due to the duration of the appointment and lack of child-care facilities in our department, we request you do not bring any other child with you.

Also, as you have stayed awake for so long, it is advisable for you **not** to drive before, or to drive to work immediately after the test. If you arrange for a partner to drive you here, it is advisable that **they have not stayed awake with you**.

Preparation - what you need to do

- It is important that you remain awake for 24 hours prior to your EEG appointment.
- You may eat and drink as normal, although please try to avoid excessive caffeine intake (i.e. coffee, tea or fizzy cola type drinks).
- **Please make sure your hair is clean and dry for the test. Please do not apply any hair preparations such as gel, mousse or hair spray.**
- Please make sure that you **have something to eat** approximately 45 minutes before your test. This is important as it may affect the results.
- Please **bring with you any inhalers** you use and a **list of any other medication** you are taking. You should continue to take your medication as usual unless instructed not to by your doctor.

After the test

At the end of the test the gel will be removed. No test results are available on completion of the test so you will be free to leave. The test results will be analysed by the Consultant Neurophysiologist who will send a report on the test results to the doctor/consultant who referred you for the test.

The appointment

Please make special note of the appointment date particularly if the appointment is some weeks away. Please let us know if the appointment coincides with another outpatient appointment or you are unable to attend. We can reschedule your test for another time and give the present slot to another patient. This will help to reduce our waiting lists and operating costs.

Further information

We look forward to seeing you in the department. If you have any questions or worries, please feel free to contact us in advance of your visit on **01522 572379**. If we are unavailable, please leave a message and we will get back to you ASAP.

If you arrive late for your appointment, it may not be possible to see you on this occasion.

Please see the attached map for location of department.

Clinical Neurophysiology
Telephone: 01522 572379

© United Lincolnshire Teaching Hospitals NHS Trust

United Lincolnshire Teaching Hospitals NHS Trust has worked with AccessAble to create detailed Access Guides to facilities, wards and departments at our sites.

www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

United Lincolnshire Teaching Hospitals NHS Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language or alternative format, please email the Patient Information team at ulth.patient.information@nhs.net