

Children's Sleep Deprived EEG (Electroencephalogram) tests in the Clinical Neurophysiology Department

Reference Number: ULHT-LFT-0936 v7

Issued: June 2026

Review Date: June 2028

PLEASE READ THIS PATIENT INFORMATION CAREFULLY

It explains your child's test and contains important information

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

What does the test involve?

You will need to deprive your child of some sleep the night before the test (see below). The examination involves small sensors being placed on your child's head using a small amount of gel. Your child will need to lie/sit quietly during the test and hopefully fall asleep. We may also ask your child to look at a flashing light and do some deep breathing/blowing.

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.

Below is a guide to the preferred amount of sleep deprivation for your child based on age. As the amount of sleep deprivation is important, if you think this may be too difficult/not appropriate for your child's circumstances, please contact the department on **01522 572379** to discuss the preparation for the test with a physiologist.

Preparation - what you need to do

- **If your child is over 10 years old**, please ensure that your child has **NO** sleep during the day or night before the test i.e. has been deprived of sleep for 24hrs. Please try to avoid them having drinks containing caffeine i.e. coke or coffee during the night and also falling asleep on the way to the hospital. If you have stayed awake with the child all night, it is advisable that you do not drive.
- **If your child is 10 years old or younger**, please **try** to ensure that your child has half their normal sleep during the night before the test i.e. **goes to bed late and is woken up early**. It is also important that your child does not fall asleep on the way to the hospital. (e.g.: if your child's usual sleep time is 7.00 pm to 7.00 am, please try to make it as 10.00 pm to 4.00 am or 5.00 am on the night before the appointment and no further sleep/nap until child attends the EEG clinic).

- **Please make sure your child's hair is clean and dry for the test and has not had any hair preparations such as gel, mousse or hair spray applied.**
- It would be helpful if your child **has something to eat** approximately 45 minutes before the test. If your child is **very young**, it may also help to bring something for them to snack on/drink **during** the test and a favourite book/toy to obtain maximum co-operation.
- Please **bring with you any inhalers** your child uses and a **list** of any other medication your child is taking. They should continue to take their medication as usual unless instructed not to by their 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 your child 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