

Department of Clinical Neurophysiology
Telephone No: 029 2074 3194 Fax: 029 2074 6463

INFORMATION FOR YOUR CHILD'S EEG RECORDING FOLLOWING SLEEP DEPRIVATION

Your child will previously have had a recent EEG in our clinic. The object of this test is to record your child's EEG while s/he is asleep.

The appointment will be for 9am on the day of the test. You should not be in the department longer than 2-3 hours.

On the day your child attends for his/her Sleep Deprived EEG please note the following:

Medication

Your child should continue to take all **regular medication** at specified times. Please bring a list of your child's medication with you as this will be helpful for the physiologist and doctor.

Preparation for the sleep deprived EEG

For the test to be a success it is necessary for your child to be deprived of 4 hours of sleep. If s/he normally has 9 hours sleep, s/he should only have 5 hours sleep on the night before the test. If s/he normally has 8 hours, then only have 4 hours sleep and so on. Please put the child to bed at the normal time and waken him/her early ie if s/he sleeps 10 pm – 7am then waken him/her at 3am. Do not let him/her go back to sleep during the morning and keep the child awake until arrival in the department.

Please give the child his breakfast before arrival in the department for the test. S/he should not have drinks of tea or coffee from midnight on the night before the test. S/he may continue to have soft drinks that do not contain caffeine. Please bring anything that you would normally use to help your child get to sleep for example, favourite bed toy, child's own pillow or pillowcase etc,

It is important that the child's hair is clean and free of hair products. It would be helpful if the child's hair is washed on the night before the test. Please bring a comb/brush.

If there is a possibility that the child may soil his/her clothes during an attack, please bring a change of clothing with you.

The test itself

The test will be performed on a couch in the Neurophysiology Department. We will supply a pillow and blanket. The child should wear comfortable and loose clothing.

Together with the EEG we routinely use a video recording as part of the test.

There are no after effects from this test.

Parking

Please bring change for the pay and display parking system. The multi-storey car park is a suitable place to park. Outside the concourse entrance there is a car park for the disabled. During busy periods, please allow additional time for parking.

Contacting the department

If you have any queries, please ring the department on the above number.

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