

# EEG – Electroencephalography (Sleep Deprived)

## What is an EEG?

An Electroencephalogram (EEG) measures electrical activity in the brain, tracking and recording brain wave patterns. Several electrodes (small metal discs) attached to your scalp will transfer information from your brain to a machine that measures and records the data.

## How to Prepare for an EEG

- **Ensure you remain awake from 12am (midnight) prior to your test.**
- **Note: Please organise someone to drive you to and from the appointment.**
- Please arrive 10 minutes early.
- Please ensure that your hair is dry.
- Do not use any conditioner or hair styling products, as this may interfere with the recording.
- Take all medications as usual, unless directed by your doctor.
- Eat and drink as usual – do not skip any meals because of the test.

## What to Expect During an EEG

- An EEG will take approximately 45 minutes to perform.
- The neuroscientist will attach several electrodes (small metal discs) to your scalp, applying a gel to help the electrodes remain in place and improve the reading.
- You will sit and relax in a chair as the neuroscientist performs the test.
- During this time, the neuroscientist may ask you to lie back, open or close your eyes, breathe more deeply, or look at a flashing light.
- As part of the test, your body motions will also be captured on video.

## Are there any risks or side effects?

- An EEG is painless and safe.
- The gel used by the neuroscientist is water-soluble.
- There is a small chance that the deep breathing exercise or the flashing light may bring on one of your typical events. If this occurs, please inform the neuroscientist.

## What happens after the EEG?

- The results of the EEG are viewed and reported on by the neurologist.
- In your follow up consultation with the neurologist, your results will be discussed and any further investigations that are required will be organised.
- A copy of the report will also be forwarded to your referring doctor.