

music or nursery rhymes can be played if this will help relaxation / sleep.

We will generally adapt processes according to the child's needs and capabilities.

Please let us know if there is any further information about your child which will assist us in our preparation before the appointment.

### Are there any after effects of the test?

There are no after effects other than perhaps residual tiredness, particularly if sleep deprivation has been used. Once the discs are removed you will be able to leave the department straight away.

The crayon and paste used are water soluble and most will be removed before you leave. Your hair will remain feeling sticky to touch until it is thoroughly washed.

### When do I get the results?

Once we have analysed the tracing we will send a written report to your referring consultant. This may take three to four weeks.

### Are there any risks?

There are no risks associated with sticking the discs on your head and recording your brain wave activity.

Sleep deprivation may slightly increase the chances of a seizure occurring. The risk is estimated to be less than 1 in 1000.

Melatonin is generally considered to be safe with few reported side effects. However, long-term data on safety is not yet available.

In the very unlikely event that you do have an epileptic seizure your driving licence would be at risk.

If you have any concerns regarding the procedure please contact us or speak to your doctor.

**We welcome feedback about our services. Please tell a member of staff what you felt about this service.**

## Contacts

### Neurophysiology Department

Telephone: 01444 441881 Ext. 8650 / 8651  
Direct lines 01444 448650 and 01444 448651  
[www.bsuh.nhs.uk/neurophysiology](http://www.bsuh.nhs.uk/neurophysiology)

## Travel information

### Hurstwood Park Unit

Hurstwood Park Neurological Centre is located in the grounds of the Princess Royal Hospital, Haywards Heath, West Sussex, RH16 4EX

### Southlands Unit

Located in the X-Ray Department, Southlands Hospital, Shoreham-by-sea, West Sussex, BN43 6TQ

Detailed information about travelling to our units, including public transport and parking facilities, are available from our website.

[www.bsuh.nhs.uk/neurophysiology](http://www.bsuh.nhs.uk/neurophysiology)

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فبإمكاننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你唔明白本單張的內容，我們可安排口譯員服務。

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اگر مندرجات این جزوه را نمی فهمید، ما می توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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# Sleep EEG's

## Clinical Neurophysiology



### What is a Sleep EEG ?

EEG stands for 'Electroencephalogram'. It is a test for recording the ongoing electrical activity of the brain during drowsiness and sleep. To do this we apply 22 small discs to the scalp using a conductive, sticky paste.

The signals appear as wavy lines on a computer screen. We also record a video image so we can match up any physical symptoms with the waveforms.

We use an EEG to investigate a number of different conditions – the most common of these are blackouts and seizures.

### Who carries out the test?

Qualified healthcare professionals called Clinical Physiologists perform the procedure.

### What does it involve?

We will measure your head and decide on the position of each disc, which we will mark with a crayon. We then rub each mark with a 'gritty' feeling gel, using a cotton wool bud. After this you lie down on a bed / couch. We will then apply the discs and start the recording.

### What happens during the recording?

Once all the discs are applied you will be made as comfortable as is possible and the room will be darkened. We will ask you to open and close your eyes a few times then left to become drowsy.

### Does any of it hurt?

The procedure is painless and harmless. Some people find the gritty gel a bit scratchy. During the recording there is no sensation at all – we are simply monitoring the signals your brain produces naturally.

### How long does it take?

We will want to record the activity for at least one hour. The whole procedure including preparation can therefore take up to two hours.

### Do I need to bring anything?

We will need to know full details of your current medication in case there is anything that might affect the wavy lines. You may wish to bring a comb or hair brush to help tidy up your hair afterwards.

If it is a young child having the test, things to aid sleep, such as drinks, a dummy or a comforter may be helpful. Night clothes and a favourite toy /teddy can also help settle your child.

### Do I need to do anything in preparation?

Other than the instructions that cover the test itself (see below), you can carry on with all your normal activities, including eating, drinking and taking any prescribed medications.

We do not need to shave any hair for us to attach the discs but we do ask you to arrive with hair clean and dry, and not to put any hair product or spray on it.

### Can someone stay with me throughout?

Yes, of course, but we prefer to only have one person with the patient in the recording room at any one time. During the recording they must remain quiet and will be unable to leave the room until completion. Otherwise the waveforms we are trying to record may be affected.

### Can I bring other children with me?

We do not advise it because they can cause a distraction which may affect the waveforms we are trying to record. If unavoidable please can you come with a responsible adult who can look after them whilst the test is being performed.

### How will you get me to go to sleep?

It is not essential for you to go to sleep for this test as we will still have gathered valuable information during the recording. However to increase the possibility of sleep we can use:-

- Sleep deprivation and/or
- Melatonin capsules

We will discuss which of these methods we will

use with you at the time when you arrange the appointment with us. If you are not clear what method we will use it is important that you contact us so that you understand what you need to do before the appointment.

### What does sleep deprivation involve?

We would like you to have a maximum of four hours sleep the night before your appointment, and to get up no later than 6am.

If you are having this test as an outpatient then you should come with a responsible adult because you may be too tired to use public transport or drive safely.

### What are Melatonin capsules?

Melatonin is a naturally occurring hormone produced in the brain by the pineal gland, which helps us to relax and prepare for sleep. The body produces Melatonin early afternoon and again towards night time.

As it is a substance known to our bodies it does not interfere with your brain wave activity nor does it have any after effects. Melatonin will make you 'feel sleepy' and if you relax and go with this feeling you will drift into sleep.

### What does the use of Melatonin involve?

We would like you to have a maximum of seven hours sleep the night before your appointment, and to get up no later than 6am.

When you arrive in the department we will give you the appropriate dose of Melatonin. This is in the form of capsules for swallowing with water. For young children it can be mixed with juice, milk or yoghurt to make it easier for them to swallow but you will need to bring these with you.

### Is there a difference in the procedure for children?

Younger children and babies can stay on their parents / carer's lap throughout the procedure if necessary but it is preferable for the older child to lie down. The room may be darkened and quiet