

Useful websites

www.nhs.uk

www.northamptongeneral.nhs.uk

Other information

Northampton General Hospital operates a smoke-free policy. This means that smoking is not allowed anywhere on the Trust site, this includes all buildings, grounds and car parks.

Leaflets, information, advice and support on giving up smoking and on nicotine replacement therapy are available from the local Stop Smoking helpline on 0845 6013116, the free national helpline on 0800 0224332, email: smokefree@nhft.nhs.uk and pharmacies.

Car parking at Northampton General Hospital is extremely limited and it is essential to arrive early, allowing ample time for parking. You may find it more convenient to be dropped off and collected.

This information can be provided in other languages and formats upon request including Braille, audio cassette and CD. Please contact (01604) 544516 or the Patient Advice & Liaison Service (PALS) on (01604) 545784, email: pals@ngh.nhs.uk



About your Sleep Deprived EEG test

Northampton 
General Hospital
NHS Trust

Northampton General Hospital NHS Trust, Cliftonville, Northampton NN1 5BD.

www.northamptongeneral.nhs.uk

Desktop Publishing by the Communications Department

July 2015

NGV1817

We hope the following information is helpful to you.

If you need any further information please ring us 01604 545724 Monday to Thursday 8.30am-4.30pm and 8.30am-3.00pm on Friday.

What is a Sleep Deprived EEG test?

A Sleep Deprived EEG test is a recording of the tiny electrical signals generated by your brain when you are tired and sleepy. Changes in these signals may help your Doctor in the diagnosis and management of your symptoms.

We will explain everything before starting the test and answer any questions you may have.

You will be in the Department for about 1½ hours.

Small discs are placed on your head with sticky paste. You will be asked to lie quietly whilst the signals are recorded. You will be encouraged to sleep for around 30 minutes.

We also make a video recording to monitor your movements but we will only do this if you give your consent.

What do I need to do before the test?

Your hair must be clean and free from gel or spray. It may not be possible to do your test if you are wearing hair extensions.

Check your hair for head lice and apply treatment 2-3 days before the test if necessary. It may not be possible to do the test if head lice are present.

If you have any additional needs, including access due to disability or need an Interpreter, please contact us as soon as possible.

IMPORTANT INFORMATION

On the night before the test you **must** limit your sleep - please see your appointment letter for the maximum number of hours you are allowed to sleep. This is to ensure that you are tired when you arrive for your test.

Do not drink caffeinated drinks on the day of the test and do not have a nap as these could prevent you from feeling sleepy during the test.

When people are sleep deprived they may be more likely to have a seizure. It is important that you are aware of this and take necessary precautions and have someone with you.

Take your medication as usual and bring a list of your medication with you.

Will there be any after effects?

The test is painless and there are no after effects.

You should continue to be aware of possible seizures related to tiredness until your sleep pattern is back to normal.

What will happen after the test?

The test is reviewed after you have been seen and the results will be sent to your referring Doctor so they will not be available immediately.