

# EEG Instructions for Sleep Deprivation

An electroencephalogram (EEG) helps analyze brain wave function. Electrodes placed on the scalp record the brain's electrical impulses. Sleep deprivation (having not enough sleep) and having the child in a sleepy state during the test are important in helping us gain as much information as possible from the EEG.

To prepare your child for the EEG, please follow these instructions as closely as possible.

## Nap-Deprived EEG (Age 3 and younger)

- On the night before your appointment, keep your child up **one hour** past normal bedtime, and wake your child (and avoid naps) **three to four hours** before your appointment time.
- Bring a bottle, pacifier and/or other items that might help your child relax.
- Consider feeding your child while you're in the lab. It can help promote sleep.

## Sleep-Deprived EEG (Age 4 and older)

- On the night before your appointment, keep your child up **one hour** past normal bedtime, and have your child sleep **four to five fewer hours** than usual.

## Instructions for All Children

- Do NOT give any sedatives (sleeping medicine) **within 24 hours** of the test.
- Continue giving all other medicines (unless otherwise advised by your child's doctor or nurse).
- Do not give your child caffeine or sugar (including sodas, chocolate or candy) **within 12 hours** of the test.
- Before arriving for the test, wash and dry your child's hair. Do not use styling gels, oils or other products.
- Try to keep your child awake on the way to the clinic.
- To reschedule or cancel your EEG appointment, call 651-229-3995.
- If you have questions, call the EEG lab at 651-726-2885.

[Make An Appointment 651-290-8707](#) [Refer a Patient 651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).