Outpatient Sleep EEG

Information for Parents and/or caregivers

It has been requested that your child has a sleep EEG as some abnormalities in brain function only show up when the patient is drowsy or asleep. During the test, we would like your child to attempt to have a short 20-30 minute sleep.

In order to increase the chances that sleep is achieved, we recommend periods of sleep deprivation prior to the study dependent upon their age. The following is a guide-line indicating how much a child needs to be sleep-deprived for the EEG.

Babies and Toddlers (up to 2 years)

Stay up until 9:00pm on the evening before the test and wake at normal time on the morning of the test. It is also useful to delay feeding them or giving them a bottle until the test.

2-6 Years

Stay up until parent's normal bed-time and wake one hour earlier than usual on the morning of the test.

7-13 Years

Stay up until MIDNIGHT and wake one hour earlier than usual on the morning of the test.

14+ Years

Allow children to sleep ¼ of their usual sleep time, e.g. if their usual sleep time is 8 hours then they should only get 2-3 hours' sleep before the test.

Please refer to the separate enclosed brochure for further information regarding EEG tests.

For more information

Paediatric Unit

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Interpreter

https://creativecommons.

This document has been reviewed and endorsed by consumers.

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