

Neurology Center of Fairfax

3020 Hamaker Court, Suite 400, Fairfax VA 22031

703-876-0800

PLEASE GO TO THE RESTROOM PRIOR TO THIS PROCEDURE.

Sleep Deprived EEG followed by an Ambulatory EEG (allow approximately 3 hours)

An EEG is a recording of electrical activity produced from the brain. This activity is collected by approximately 21 disk electrodes that are **glued to your scalp**. Two EKG electrodes will also be placed on your chest to record your heart rate simultaneously, with the EEG, as you go about your ***modified*** daily routine.

There is only one application of electrodes for the two tests. The electrodes are glued on. Then a **Sleep Deprived EEG will be performed** in the EEG Laboratory with you awake and asleep. You will then **go home with the glued electrodes on your scalp**. The electrodes are connected to a portable computer that is in an enclosed casing, attached to a shoulder strap that you will carry with you. You will be required to keep a diary of your activities and symptoms. You may maintain your usual daily routine (eating, sleeping, watching TV, working on your computer), however, you should avoid excessive physical activity. There are no dietary or medication restrictions. You may go to work, avoiding excessive physical activity. If you have any questions about your activities, please ask.

TESTING: **24 hour recording:** Allow 30 minutes after your appointment for electrode removal.
48-72 hour recording: Allow 30 minutes after your appointment for electrode removal.

IMPORTANT INSTRUCTIONS

1. **Only have 4 hours of sleep** the night before the test.
2. If given a mild **sedative (chloral hydrate)** to help you sleep during the sleep deprived test performed in the office (optional), **you cannot drive for 8 hours** following the test and will require a driver to drive you home.
3. **Wear a top that buttons down** the front. Once the electrodes are attached, you will not be able to take anything off over your head. Bring a loose hat or ***thin*** scarf to cover the electrodes if you want to do so.
4. **Wash and dry your hair before the test**. Please ***do not use hair products (hairspray, oils, gel, etc... because they stop the electrodes from sticking)***. **No weaves, braids, dreadlocks, hair extensions, cornrows or attached toupees are allowed**. They impede placing the electrodes in the required area and may cause your test to be rescheduled.
5. **Things Not To Do:** Please do not tamper with the recorder or get it wet (**no shower or bath**). Do not brush your hair, sit under a ceiling fan or allow wind through your hair. Do not sleep with an electric blanket turned on or in a waterbed with the heater on. Do not chew gum or do excessive snacking (eating chips/ice/peanuts etc.) during the day.
6. **DIARY:** The diary entry should include a record of your activities from start to end... example 12:00 – 12:30 lunch; 12:30 – 4:00 TV; 4:00 – 6:00 napping) Any physical symptoms (blackouts, dizziness, chest pain, burst of emotion (sad, anger etc.) or anything you feel to be important and out of the ordinary should be posted in the symptoms area.

Diary example

TIME	ACTIVITY	SYMPTOM
10:00	Arrive home	
10:00-12:00	Watch TV	Dizzy spell for 10 minutes

Please remember to bring your diary with you **each time** you return to the office.

Please do not bring children to testing appointments.

A \$75.00 fee is charged for appointments missed or not cancelled 24 hours in advance.