

WHAT IS A SLEEP DEPRIVED VIDEO EEG?

A sleep deprivation video EEG is carried out in order to obtain more information about your condition.

To carry out the test you should deprive yourself of sleep the night prior to your appointment.

This means having as little sleep as possible, preferably **NO** sleep the night prior to the test.

This would ensure that you would be tired when attending the department and that a period of drowsiness may be obtained.

Preparation for the test is exactly the same as for the routine video EEG, which you should have had during the last six months.

After setting up the test you will be made comfortable and asked to lie quietly with your eyes closed for a period of 30 minutes or so, during which time drowsiness will hopefully occur and you may fall asleep if you wish to do so.

It is advisable that you attend your appointment with a chaperone, especially if driving – as you may feel too tired to make your own way home safely once your appointment is over.

Your appointment should take no longer than 1 hour from start to finish. You do not need to stay in overnight.

*If you have any questions you would like to have answered before attending for your appointment, please do not hesitate to contact a member of the team directly, on **01642 282755**.