



Sleep-eeG

Location of the KNF

When coming to Eeg, sign up directly to KNF, which locates in laboratory ward, one floor down from the main entrance, S1, and then follow the black line on the floor and the wall.

General

The Eeg test records the electrical activity of the brain by using special electrode cap on your head. During the test you are allowed to sleep for awhile. The test is painless and harmless. It does not put any electricity into your brain or body. It takes about one hour.

Preparation

Before coming to sleep deprived Eeg you must stay awake as follows

0 - 1 year old	between two feedings before test
1 - 2 year old	wake-up at 5 am
3 - 5 year old	sleeping allowed 11 pm to 4 am
6 - 15 year old	sleeping allowed 11 pm to 02 am

Over 15 year old and adult must stay awake at least 24 hours

Before coming to test your hair must be clean and dry. Do not use any hair products. After 4 am you are not allowed to drink coffee, tea or other energy drinks. Light breakfast is recommended. You can take medicines normally, unless your physician has prescribed otherwise.

Execution of Eeg

During the test you will lie on a bed eyes closed. At some point you may be showed flashing light and asked to breathe deeply for few minutes. It is recommended to sleep during the test.

If you have some questions or you can not arrive at the reserved time, please, contact your sending unit.