



Sleep-eeG

Location of the KNF

KNF locates in Kainuu Central Hospital, new hospital building. Main entrance F1. Registration on the self-service device in the main lobby by health insurance card (KELA card) or other official identity card. Follow the instructions on the self-registration device.

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 a while. 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.

Contact

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

In matters related to the preparation for the examination, our call time is Monday-Friday from 7.30 am to 4 pm, tel. +358 40 1533 240. A call back system is used for imaging unit. We will call you back the same day or the next business day.