

## Paediatric sleep EEG (0-16 years)

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During sleep EEG (electroencephalography), the electrical activity of the brain is measured during a sleep period. The test is conducted to examine possible central nervous system diseases, for example, various seizure symptoms. For the test to be successful, your child should fall asleep during it.

### Preparing for the test

Your child should arrive with clean, dry hair free from conditioner or other hair products. Do not use perfume before coming to our department.

If your child uses sedatives or sleeping pills, please contact your doctor. Your child may take other prescribed medicines normally.

Do not give your child over-the-counter medications for a day before the test. Please bring a list of your child's medicines to the appointment.

### Sleep deprivation

To ensure that your child will fall asleep during the test, he/she will need to be kept awake on the night before the test according to the following instructions.

Sleep deprivation instructions:

- 0–1-year-olds: keep your child awake for 1-2 hours prior to the test.
- 1–2-year-olds: keep your child awake at least five hours prior to the test.

- 3–7-year-olds: allow your child to sleep only between 23.00 – 04.00 during the previous night.
- 8–16-year-olds: allow your child to sleep only between 23.00 – 02.00 during the previous night.

Do not let your child sleep in the car on the way to the hospital, not even for a nap. If your child is in poor health, contact your doctor about the sleep deprivation.

### Eating prior to the test

Your child can eat and drink normally before the test. Your child is more likely to fall asleep if they feel full at the time of the test.

Do not give your child

- tea
- coffee
- cola drinks
- other energy drinks or refreshing beverages.

For a small child, bring objects to help your child fall asleep. For example, milk bottle, pacifier or a sleeping toy.

The test will be most successful, when your child is calm and relaxed.

### Before the test

Take your child to the toilet before the test. If your child is a toddler, change your child's diaper prior to the test.

## **During the test**

The nurse will place a flexible EEG cap on your child's head for the duration of the test. During the test, your child rests on the bed. The electrical activity of the brain, eye movements, heart rate, and the muscle tension in jaw muscles, are recorded in the examination. The examination is also recorded on video.

During the test, your child will be asked to look at a bright flashing light, to open and close their eyes and to breathe deeply for some time. After this, your child is allowed to fall asleep.

The test will not be painful, and it has no after-effects.

The test takes about 1.5 hours.

## **After the test**

The doctor will give a statement of the test results.

The statement is directed to the outpatient clinic or ward, where the doctor treating your child will inform you of the results.

The outpatient clinic or ward will take care of any possible further action to be taken.

## **Reporting in**

When arriving to the test, report at the department of Sairaalfysiologia  
In building B, on the 0th floor.

## **Contact**

Sairaalfysiologia

Tel. 02 627 7362,

Monday through Friday from 7.00 to 14.30.