

Sleep Deprived EEG (SEEG)

An information guide



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What is a sleep-deprived EEG (SEEG)?

EEG stands for Electroencephalography. You will probably already have had this test carried out.

SEEG is the recording of electrical activity produced by the brain following being deprived of sleep. It involves staying awake for a full night prior to the test. The test takes about one and a half hours and the recording will be taken while you are drowsy and/or sleeping.

Why is it done?

Sleep deprived EEGs are used in a variety of circumstances, most often in the investigation of patients who have seizures (fits) or blackouts. They are more sensitive than routine EEGs and are useful to reveal information about your brain that is not available when you are awake.

Why do I have to come to North Manchester General Hospital?

EEG investigation is not available at the other hospital sites within the Northern Care Alliance (NCA); therefore although you may have originally seen a doctor at another site, you have been referred to North Manchester General Hospital.

How is it done?

This test is carried out similarly to that of the routine EEG by attaching about 23 small metal discs to the head with a sticky paste. The recording itself takes about 60 minutes. You will be lying on a bed during this time in a darkened room. A low-light video camera allows a Clinical Physiologist to see you from a nearby room.

After the test the discs are removed and you will be able to return home. Small traces of sticky paste may be left in your hair-this will wash out with shampoo.

We have found that if children stay up late and wake up as normal then they do not fall asleep, whereas they are more likely to fall asleep if they go to bed at their usual time and wake up early.

This will be discussed with you at the time of booking the appointment.

What preparation is needed?

Under 10 years

Please follow the instructions that were given to you when booking the appointment of when to put your child to bed and what time to wake them up.

A clinical physiologist will discuss this with the parent at the time of booking the appointment. If necessary, one parent will be allowed to stay in the room whilst the recording is taking place.

Over 10 years/Adult

You must try and stay awake all night the evening before the test to ensure adequate sleep deprivation.

Please note: Accompanying children/babies will **not** be allowed in the room where the test is being carried out, therefore if you need to bring a child with you, **you must ensure that someone is with you who can supervise them.**

All Ages

If you have any concerns or would like to speak to a Clinical Physiologist to discuss these instructions then you may do so by ringing **0161 922 3451** Monday to Friday 8:00am to 5:00pm. (Please leave a message if we are busy and someone will ring you back as soon as they are available)

- Ensure you have a breakfast and a lunch if this recording is being carried out in the afternoon.
- You must not drink or take any tablets that contain caffeine in them (for example coffee, tea, cola, pro plus tablets) to help you stay awake.
- Continue to take any prescribed medication regularly.
- Your hair should be clean, free from hairsprays, oils and any other dressings.
- Please follow the instructions that were given to you when booking the appointment of when to put your child to bed and what time to wake them up.

A clinical psychologist will discuss this with the parent at the time of booking the appointment.

Are there any risks?

When you are sleep deprived you may be more likely to have a seizure (fit). It is therefore important for someone to accompany you to and from the appointment.

As you are being investigated for blackouts, seizures, fits etc you may have already been advised not to drive, however if this is not the case we strongly recommend that you do not drive on the day of your test. This includes anyone who has helped you to stay awake.

Will there be any after affects?

As previously mentioned lack of sleep can make some types of seizures more likely, therefore you should be very careful until you have had chance to sleep properly.

Will I get the results the same day?

The recordings will have to be analysed by a doctor and a report is prepared for whoever referred you for the test. This process takes a little while and so the result of the investigation will not be available to you on the same day.

Contacting us

If you have any questions about the issues raised above, or have any other concerns, please contact the department on 0161 720 2780.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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