

# Rocky Mountain Neurology

10103 Ridge Gate Parkway #125 Lone Tree, CO 80124

Phone: 303-790-8899 Fax: 303-790-2810

## SLEEP DEPRIVED EEG INSTRUCTIONS

Please follow these instructions so we may obtain a thorough reading:

- **This is a sleep deprived study.** The night before your test please have only 4 hours of sleep. It does not matter what hours as long as you have 4 or less. If you feel too tired to safely drive please have someone drive you.
- The day of your test please have no caffeine from the time you wake to the time of the test: coffee, tea, soda, chocolate, etc.
- Prior to your test please have a meal or snack within 3 hours if possible.
- If you normally take any medications please continue to take them unless instructed by your physician not to.
- The morning of your test please wash and dry your hair. Do not use any styling products including hairspray, gels, oils, chemicals, leave in conditioner etc. The test will require the use of a soluble paste, so you may want to go home to wash your hair before continuing with your day.

The EEG is a painless test. 26 disc electrodes will be attached to your scalp with a white soluble paste. Your brainwaves will be recorded for 20-30 minutes during which time you will lay quiet with your eyes closed. Total appointment time is 45-60 minutes. Please call the office if you have any questions.

**\*\* Because of the preparation required for this test,  
there is a \$50 cancellation fee if you cancel less than 48 hours before  
your scheduled appointment\*\***