

SLEEP DEPRIVED EEG Instructions

This study is a painless test. 26 disc electrodes will be attached to your scalp with a white soluble paste. The total appointment time is 45-60 minutes.

Before the test:

- **THIS IS A SLEEP DEPRIVED STUDY.** We ask that you sleep no more than 4 hours the night before your EEG. It does not matter what time you go to sleep and wake up as long as it is 4 hours or less.
- **You should have someone drive you to and from the test**
- You may eat a normal meal or have a snack before your test. This is not required but we do not want you coming to the test hungry.
- If you normally take any medications please continue to take them, except for:
 - stimulant medications (adderall or ADHD, ADD medications)
 - sleep aids (such as melatonin, zolpidem, ambien)
- **DO NOT** have **ANY** caffeine for at least 12 hours before your test (Coffee, tea, soda, chocolate, etc.)
- 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. **You may also want to bring a hat or scarf with you to wear out of the office**

IMPORTANT INFORMATION

- Prior to the test we will check your benefits with your insurance. If you have a copay that will be collected on the day of your procedure.
- If you have a coinsurance and still have a remaining deductible or out of pocket max, we may collect an estimated coinsurance amount depending on your insurance.
- You could receive an additional bill for this test. If you would like to know the out-of-pocket cost, you will need to contact your insurance company and provide the codes listed below to determine the cost.
 - 95819

**** Due to the preparation required for this test there is a cancellation fee of \$100 and we require a minimum of 72 Hours' notice to cancel or reschedule. ****