

## Preparing for a Sleep-Deprived EEG

Due to the nature of this test, if you arrive late for your appointment, you will be asked to reschedule. **No exceptions!**

1. Hair should be clean (no hairspray, oils, gels, etc.) and completely dry.
2. Children should avoid caffeine for 12 hours prior to the test.
3. Adults and children should get **three to five fewer hours of sleep** than normal on the night prior to the test.
4. If your child is to be sedated for the test, ask the pharmacy for flavoring. Do not dilute the medication with juice or milk, as doing so may cause reduce the effectiveness of the medication.
5. If you have any questions, please ask to speak to the technician.

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