

SPECIAL INSTRUCTIONS FOR SLEEP DEPRIVED EEGs

1. The patient should have had a previous EEG (but not mandatory) before scheduling a sleep deprived study. Neurology patients may have sleep deprived studies without having a prior routine EEG at CHOP.
2. Appointments are always at 7:30am, with a 7:15am arrival time for registration.
3. The estimated time of the study is 1 ½ hours.
4. A child 8 years or older must stay up all night (they can sleep until 10:00pm that night but up for the remainder). Children between the ages of 6-7 years old may be awakened at 2:00am; children between the ages of 2-5 may be awakened at 3:00am. Patients under 2 years old can have sleep deprived studies. Please wake them up at 5:00am.
IMPORTANT: Do not let the child fall asleep in the car that morning!
5. No caffeinated drinks may be consumed the night or morning before the study. There are no other food restrictions, but limiting high amounts of sugar is advised.
6. Make sure the child has had a good breakfast to maintain energy level. We also advise that parents take turns staying up with the child and keep him/her active if physically permissible (i.e. jumping jacks, jump rope) to stay awake.