**Sleep-EEG**

**Location of the KNF**

KNF locates in Kainuu Central Hospital, main entrance F1. Registration on the self-service device in the main lobby by health insurance card (KELA card) or other official identity card. Follow the instructions on the self-registration device.

**General**

The EEG test records the electrical activity of the brain by using special electrode cap on your head. During the test you are allowed to sleep for a while. The test is painless and harmless. It does not put any electricity into your brain or body. It takes about one hour.

**Preparation**

Before coming to sleep deprived EEG you must stay awake as follows

0 - 1 year old between two feedings before test

1 - 2 year old wake-up at 5 am

3 - 5 year old sleeping allowed 11 pm to 4 am

6 - 15 year old sleeping allowed 11 pm to 02 am

Over 15 year old and adult must stay awake at least 24 hours

Before coming to test your hair must be clean and dry. Do not use any hair products. After 4 am you are not allowed to drink coffee, tea or other energy drinks. Light breakfast is recommended. You can take medicines normally, unless your physician has prescribed otherwise.

**Execution of EEG**

During the test you will lie on a bed eyes closed. It is recommended to sleep during the test.

At some point you may be showed flashing light and asked to breathe deeply for few minutes.

**Contact information**

If you need to cancel the appointment, please contact the unit treating you, phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If you need further information about the examination, you can send us a message by omasote.kainuu.fi. We respond messages within 1-3 working days. You can also call to the call back service number 040 153 3240. We will call you back on the same day between 7:30-16:00 or during the next working day.