

Health and Medical Services
Diagnostics Centre
Neurophysiology Examination Unit

8 June 2023

Sleep EEG examination (adults)

Purpose of the examination

The examination records the electrical activity of the brain. It is used to investigate diseases of central nervous system, such as seizures and inflammatory diseases. With certain diseases, it is important to gain an understanding of the effects of fatigue on the electrical activity of the brain.

Prepare for the examination

You must stay awake the night before your examination. Dozing off even for a moment is not allowed. Before the examination, you can eat and drink as usual, but avoid coffee, cola drinks, tea and energy drinks, particularly after 4am in the morning.

Your hair should be clean and dry when coming to the examination. Please do not use any conditioner or hair styling products after washing your hair. You may take prescription medication as normal but avoid temporary medication and alcohol for 24 hours prior to the examination. Please bring a list of the medication that you use to the examination.

Execution of the examination

During the examination a flexible examination cap is placed on your head. The cap records the electrical activity of your brain at rest, during stimulus administered with a flashing light and while breathing deeply. At the beginning of the examination, you will need to stay awake, but afterwards you may fall asleep. The examination is painless and does not cause any adverse after-effects. The examination will take about 1.5 hours.

A sleepless night increases the possibility of a seizure. It is not recommended to drive a car after a sleepless night.

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The doctor will prepare a statement on the EEG examination to be submitted to the unit that requested the examination. The requesting unit will inform you of the examination results and any further action required.

Examination location

The Neurophysiology Examination Unit is located on the second floor of Building Y, above the main entrance of Building Y and Info Y (elevators 41 and 42).

Our unit is open during office hours, tel. +358 (0)6 415 4723.

Note! A penalty fee may be charged for a missed examination appointment that has not been cancelled.

Our unit's website (in Finnish):

<http://www.hyvaep.fi/palvelu/neurofysiologia/>

Welcome!