



242 Green Street
Gardner, MA 01440
978-632-3420
www.heywood.org

PATIENT INSTRUCTIONS FOR EEG (SLEEP)

DURATION OF EXAM: 2 HOURS
PATIENT SCHEDULING: 978-630-5070
QUESTIONS ABOUT TEST: 978-630-6275

EXAM DATE AND TIME: _____

EEG IS LOCATED IN THE NEURODIAGNOSTICS DEPT ON THE 3rd FLOOR.

INSTRUCTIONS:

- ◆ You will need to get up and stay awake **8 hours** before your test. If you have an 8am appointment, you will need to get up at 12am. Please try to schedule an activity during this time to stay awake.
- ◆ Wash your hair prior to your test. Your hair must be clean and dry. No hair spray, gels, creams, etc. Just wash and dry.
- ◆ You may eat during the night. Please have a good breakfast, however, **NO CAFFEINE** after midnight. Stay away from coffee, tea, chocolate, and soda.
- ◆ Bring a list of medications with you, and take all your medications as usual.

To pre-register for your appointment, call Patient Scheduling at least 2 days before your scheduled appointment at 978-630-5070. Pre-registration will allow you to report directly to the Neurodiagnostics Department the day of your appointment.

Please arrive 15 minutes prior to your exam.

Thank you,
Neurodiagnostics Department