Sleep deprivation for EEG Name of Policy: THE UNIVERSITY OF TOLEDO MEDICAL CENTER **Policy Number:** 3364-138-18 Neurodiagnostic Services **Department: Approving Officer:** Senior Hospital Administrator **Responsible Agent:** Director, Pulmonary Services Scope: The University of Toledo Medical Center **Effective Date:** 6/1/2023 Initial Effective Date: 9/25/1996 Neurodiagnostic Services Minor/technical revision of existing policy New policy proposal Major revision of existing policy Reaffirmation of existing policy

Policy Statement

All EEG testing for sleep deprivation will be performed as outlined in this policy.

Procedure

EEG PREPARATION

- Have clean hair without any hair styling products such as oil, gel, or hairspray. Also, do not braid or weave hair.
- Refrain from drinking caffeinated beverages such as coffee, tea, or pop 24 hours before exam.
- Be sure to eat a good meal before the EEG.
- Continue to take regular prescribed medication, unless otherwise indicated by your physician.
- A parent or guardian must accompany minors (under the age of 18)
- The entire process takes approximately $1\frac{1}{2}$ hours -2 hours.

1. Total sleep deprivation (Sleep deprived)

- A. Patient should be given a morning appointment unless a later time is requested.
- B. Adult patients and children 8 & above will be instructed to be awake for a full 24-hour period prior to the appointment time. Children under the age of 7 will be allowed 4 hours of sleep in the 24-hour period prior to the appointment time.
- C. Patients who usually sleep during the day and are awake all night should be given the last appointment of the day. (Example: someone who works the night shift).
- D. All patients will be given the instructions for a routine EEG.
- E. Adult sleep deprived patients should be encouraged to have a driver.

2. Partial sleep deprivation (Routine with sleep)

- A. Patient should be given a morning appointment, unless a later time is requested
- B. All patients will be instructed to have only 4 hours of sleep in the 24 hours period prior to the appointment time.

3. Unprepared Patients

A. Patients who are not adequately sleep deprived should be rescheduled.

- B. If the patient for any reason cannot follow instructions for sleep deprivation, a routine EEG should be ordered.
- C. Patients who usually sleep during the day and are awake all night should be given the last appointment of the day. (Example: someone who works the night shift).

Approved by:		Review/Revision Date:
/s/ Michael Taylor Director, Pulmonary Services	6/22/2023 Date	03/28/1991 08/08/2011 05/28/1992 08/01/2014 09/03/1993 06/01/2017 06/29/1995 05/29/2020 09/24/1996 06/01/2023 11/28/1997 10/12/1999 10/29/2001 09/24/2003 09/16/2004 11/01/2006 06/29/2007 08/11/2010
Russell Smith Senior Hospital Administrator	6/29/2023 Date	
		Next Review Date: 6/1/2026