

Sleep EEG

Information for patients,
carers and relatives



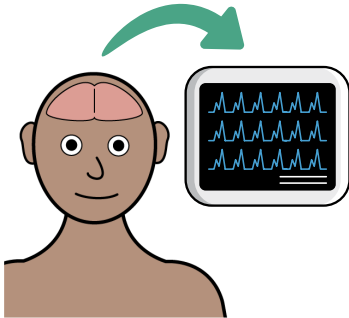
**Easy
Read**



easy read



brain activity



no pain



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

An EEG (electroencephalogram) is used to see what electrical activity is happening in your brain.

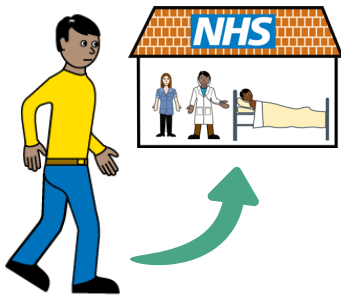
An EEG isn't painful.

medicine



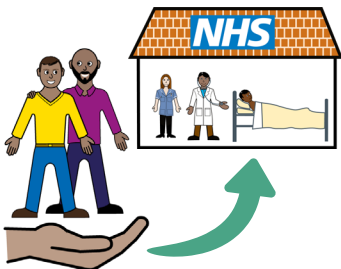
You may have some medicine to help you sleep.

arrive



This will be given when you arrive in the department.

support



Someone can stay with you in the room.

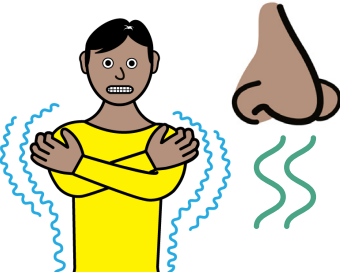
stickers and cables



The staff will touch your head and stick some stickers.

They will connect cables to the stickers.

cold



These might be cold.

Some people think the glue is smelly.

computer

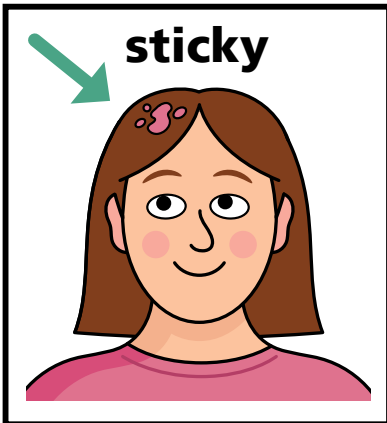


These connect to a computer that records the information.

rest



sticky



go home



You will be allowed to rest and try to sleep for 1 hour.

When the EEG is finished the cables and stickers will be removed.

Your hair might be sticky.

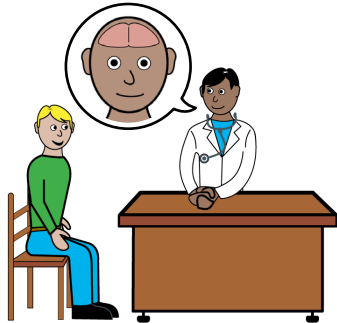
You will be able to go home after.

wash hair



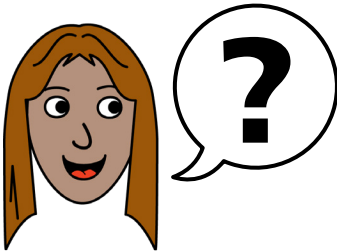
You will need to wash your hair when you get home.

results



The doctor will review the results and let you know.

ask



If you have any questions, you can ask the staff.

hospital passport



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on:

**leedsth-tr.lidautism
@nhs.net**

easy read leaflets



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