

# Sleep Deprived EEG - Adult

**Patient:** \_\_\_\_\_

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ am / pm

**Location: Neurology Department at Mankato Clinic**

## Preparation Instruction for the test are as follows:

- Thoroughly clean your hair. Hair must be free of gels, mousse, hair sprays or any other hair products.
- Stay awake from 6 p.m. the night before the test until the time of the appointment.
- No caffeine products 24 hours prior to the test.
- A light snack after midnight is allowed.
- Continue to take medications as usual, **EXCEPT** for sleep inducing medications.
- Bring a current list of medications with you to the appointment or bring your medications in their containers.
- For your safety, please have a driver available to bring you to the appointment, and home.

**If you need to reschedule or cancel your appointment,  
please call 507-389-8568 as soon as possible.**

**The Mankato Clinic Neurology Department is located at our  
Main Street location: 1230 East Main Street**