

Having a Sleep EEG (Easy Read)

<p>appointment</p>	<p>You are coming to hospital for a Sleep EEG test. An EEG records your brain waves. This helps the doctors to work out how to look after you.</p>
	<p>You might need to take some medicine to make you sleepy.</p>
	<p>You will have this test whilst you are awake and then when you are asleep.</p>
	<p>We will clean small areas of your head then fix some silver discs with stickers and paste. This will not hurt.</p>
	<p>We will join the stickers to the EEG machine with wires. This will not hurt.</p>
	<p>We will also make a video of you. This will show us if you move around in bed. When you have been sleeping for around 60 minutes, we will wake you up.</p>
<p>wetwipe</p>	<p>When the test is finished, we will take off the stickers and wipe your head again.</p>
<p>home</p>	<p>If you are not having any other tests, you can go home.</p>
<p>any questions</p>	<p>Please ask us if you have any questions.</p>

Chair: Helen Hirst
Chief Executive: Brendan Brown