

## PREP FOR REGULAR OR SLEEP DEPRIVED EEG

- **Arrive 15 minutes early and check in at Mecklenburg Neurological Associates, located in the Metroview Building, 10<sup>th</sup> floor; Suite 1010.**
- **Before the appointment, wash your hair with baby shampoo or a shampoo that has no conditioners or protein builders. Please do not add any type of hair products (such as mousse, gel, conditions etc.) after washing your hair.**
- **Eat meals as usual. No caffeine or alcohol 24 hours before testing.**
- **If you are having a sleep deprived EEG, limit your sleep the night before as directed below. (Sleeping schedule may vary with infants and toddlers.)**

**Go to bed at 11:00 p.m. and wake up at 2:00 am for an 8:00 a.m. or 9:00 a.m. appointment**

**Go to bed at 11:00 p.m. and wake up at 3:00 a.m. for a 10:00 a.m. or 11:00 a.m. appointment.**

**Go to bed at 12:00 midnight and wake up at 4:00 a.m. for a 12:30 a.m. or 1:30 p.m. appointment.**

- **Insurance questions should be directed to Mecklenburg Neurological Associates at (704) 334-7311 Ext. 221.**
- **If you need to reschedule your appointment, call (704) 335-3400**