

What is a melatonin sleep EEG?

An EEG records the electrical activity of the brain. Melatonin is a hormone produced by the body to regulate sleep cycles. Melatonin is not a sedative and there are no known side effects. It is used to encourage drowsiness/sleep.

How to prepare for the test

- ❖ **It is essential for you to phone and confirm *that you will be attending* this appointment by calling us on 01905 733532 between 8am – 4pm Monday to Friday. Failure to do so may result in the appointment being re-allocated.**
- ❖ Please make sure that you bring your child as tired as possible. Therefore, avoid any daytime naps your child may usually have. We understand this can be difficult but it is very important.
- ❖ Please bring any drinks or bottle feeds your child may need before sleep and any comforting items such as a dummy, toy or blanket.
- ❖ Your child's hair should be clean and free of hair products. You may like to bring something to cover their head with afterwards.
- ❖ It is advised that your child eats and drinks as normal.
- ❖ Medications should be taken as normal. Please bring a list of your child's current medications.

What to expect during the test

The brain produces different electrical activity while awake and asleep. We are interested in seeing both types of electrical activity, therefore we would like your child to fall asleep during the EEG test.

The sleep EEG takes up to 2 hours. Small metal discs will be placed on your child's head with a paste. They can sleep with you in a reclining chair or bed. They will not feel anything from the EEG. They will not feel anything from the EEG.

We may ask your child to do some deep breathing and look at a flickering light. You should be aware that the flickering lights, the deep breathing and/or sleep deprivation may increase the risk that they have one of their episodes/seizures.

Your child's hair may be 'messy' after this and will need to be washed when you get home.

How do I get the results?

Your test will be interpreted by the specialists. They will be then be sent to your child's referrer who will discuss them with you.

Additional Information

Unfortunately, we cannot see people who are more than 20 minutes late. It can take a long time to park, so please give yourself plenty of time to get here.

You may wish to bring a relative or friend to accompany you. However, please do not bring children with you to your appointment.

Worcester Royal Hospital is a teaching hospital and there may be students observing or performing your test.

Directions to the department

The neurophysiology department is located on Level 0 (River Level) at the Worcester Royal Hospital. As you enter through the main entrance, take the lift or stairs opposite down one floor. The entrance to the department is in the lift lobby opposite the Rivercourt Restaurant.

Where can I find more information?

If you have any queries, please call the neurophysiology department on 01905 760697.

Further information about the test is available at:

<https://www.worcsacute.nhs.uk/neurophysiology/>

Please follow this website to see a list of FAQs.

Patient Experience

We know that being referred to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are many ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy, you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS: Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times: The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.

PATIENT INFORMATION

Melatonin Sleep EEG 3 Years Old and Under

