



---

## Comprehensive Neurology and Sleep Medicine, P.A.

**Konrad Bakker, MD**  
Board Certified in Neurology  
and Sleep Medicine

**Navid Mostofi, MD**  
Neurologist  
Neurophysiologist

**Sarah Layman, PA-C**  
NCCPA Certified  
Physician Assistant

### PATIENT INSTRUCTIONS FOR SLEEP DEPRIVED EEG BRAINWAVE TESTING

An appointment has been schedule for you for EEG testing at **Frederick Memorial Hospital**. This test takes approximately 1 to 1.5 hours to complete. Below is a list of instructions which **MUST BE FOLLOWED CAREFULLY**.

1. Please call the scheduling center at 240-566-3400 to pre-register at least 24 hours prior to your appointment.
2. Your doctor has ordered a sleep deprived study. You must not sleep more than 4 hours the night before your test. There are many ways to do this: go to bed late and wake up early, stay up really late and wake up your normal time or go to bed your normal time and wake up really early. Use whichever method works best for you.
3. Wash your hair the night before or the morning of your test. **DO NOT USE:** cream rinse, conditioners, oils, hairspray, etc.
4. Normal meals can be eaten the day of the test with the exception of those foods or drinks containing caffeine, i.e. coffee, tea, colas and chocolates.
5. Take all medications regularly, unless otherwise instructed by your physician.
6. Please report to the **Frederick Memorial Hospital Outpatient Registration** 20-30 minutes before your scheduled appointment to complete the registration process.
7. You **MUST** bring your physician's order with you to the appointment. Your testing cannot be completed without it.

If you are unable to keep your appointment, please call the EEG department at 240-566-3385. If patients are late for their appointment, they may have to be rescheduled.

**PLEASE FOLLOW THESE INSTRUCTIONS EXACTLY TO ASSURE THAT YOU ARE PROPERLY PREPARED FOR YOUR TESTING.**