

# How sleep EEG is performed in epilepsy diagnosis ? An online survey among Italian Epilepsy Units.

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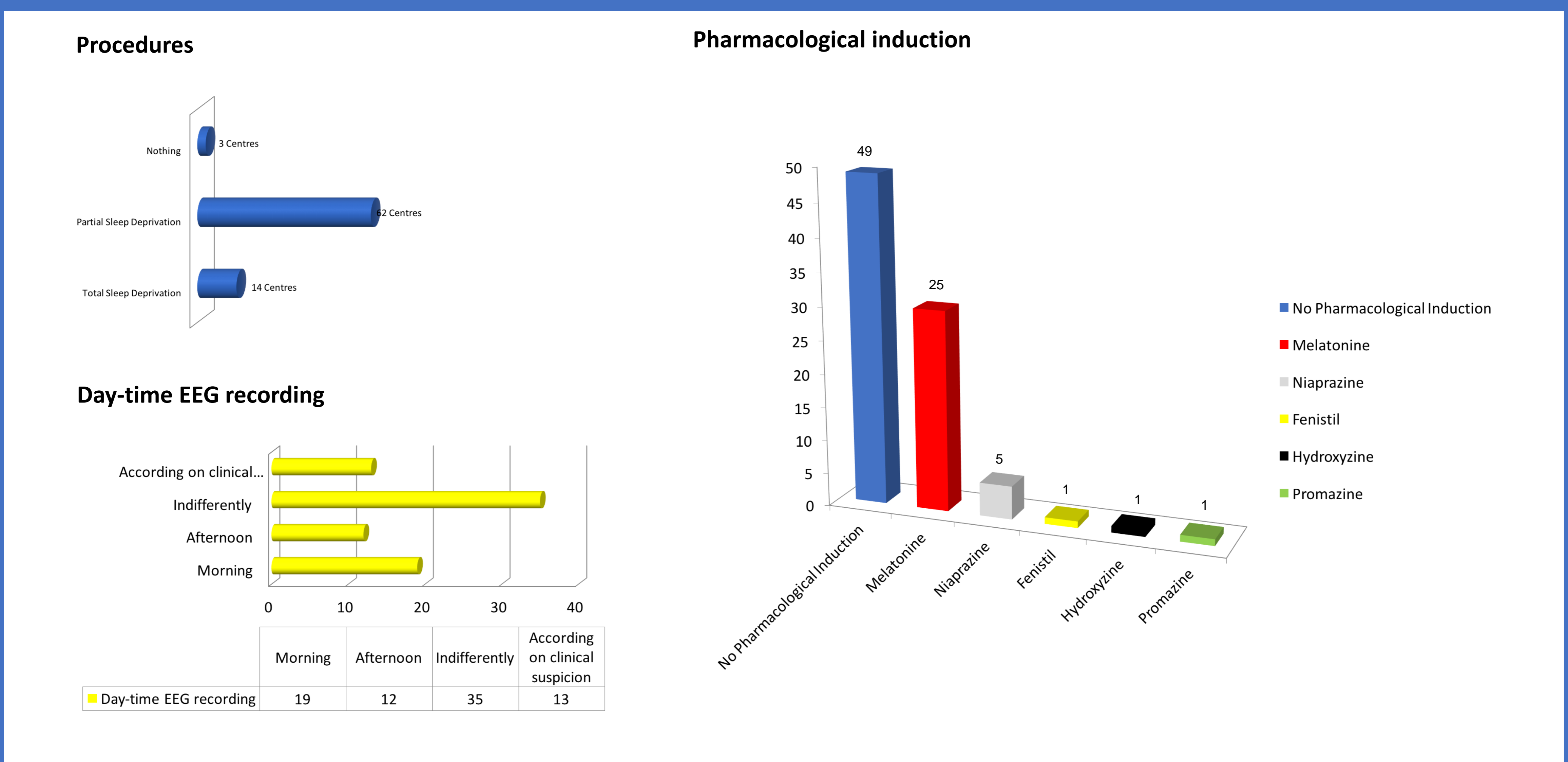
## Introduction.

Literature data on the most adequate procedure to perform sleep EEG in the suspicion of epilepsy are lacking. We performed an online survey among physicians belonging to Italian Epilepsy Units.

## Methods.

The survey explored different procedures to promote sleep EEG (partial or total sleep deprivation, hypnotic drugs, breastfeeding and/or music listening in infancy) and the preferred daytime of recordings. The survey was sent between March and May 2017 to 210 neurologists, neurophysiologists or child neurologists.

## Results.



Among other sleep promoting techniques in infancy, breastfeeding is performed in 55 (70%) centres, listening to music in 12/79 (15%).

## Conclusions.

Procedures for sleep EEG are not homogeneous among Italian laboratories. Sleep deprivation represents the most widely used techniques. Pharmacological induction is performed in <50% of centres, with melatonin representing the commonest prescribed hypnotic drug. This survey highlights the need for expert consensus to standardize procedure among laboratories.