

# EEG (electroencephalogram)

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Link: <https://www.mayoclinic.org/tests-procedures/eeg/about/pac-20393875>

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## **1 What an EEG is**

It measures electrical activity in the brain by using small, metal discs (electrodes) that attach to the scalp that records the electrical impulses communicated between brain cells. The electrical impulses show up as wavy lines on an EEG recording.

## **2 Precautions for testing**

Wash hair the night before or day of (but no conditioners, hair creams, sprays or styling gels) sleep EEG: sleep less or not to sleep the night before your EEG.